

# Tuna Omega-3 Chewable

Delivers Omega-3 Fatty Acids, Vitamin D, and Vitamin E to Support Overall Health and Provide Targeted System Support

Docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) are two important omega-3 fatty acids. They cannot be made by the body but can be obtained through consumption of fatty coldwater marine fish like tuna, mackerel, and salmon.

Vitamins D and E are important nutrients that support cell function and the cardiovascular, immune, and skeletal systems. And the body as a whole benefits from adequate levels of these vitamins.

As a product that can be chewed, Tuna Omega-3 Chewable is perfect for those who can't or prefer not to swallow pills, especially children and the elderly.†

## How Tuna Omega-3 Chewable Keeps You Healthy

*Omega-3 fatty acids act throughout the body to support a range of systems*

These essential fatty acids have been associated with good health in more than 40 years worth of studies conducted worldwide. Their overall importance can be seen in the number of interrelated pathways that appear to support:

- › **Cognition:** Phospholipids in brain cells and neural tissue contain high amounts of DHA, making it a major building block of the brain and nervous system.
- › **Mother and baby during pregnancy and lactation:** Adequate DHA is necessary for proper growth in pregnancy, and is naturally present in breast milk. Omega-3s are needed for proper early childhood development, especially in respect to the functioning of the retina.
- › **The body's natural inflammatory response:** Especially in its relation to stiffness and healthy joint function.
- › **Cardiovascular health:** In humans, supportive but not conclusive research has shown that EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.

Omega-3s also support:

- › Triglyceride management
- › Immune system support
- › Normal blood pressure already within a normal range
- › Emotional balance
- › Healthy, normal blood coagulation
- › Antioxidant availability
- › Skin, nail, and hair health†

*Vitamins D and E help support good health and maintenance of the body*

Vitamin D is required for a range of actions in the body:

- › Supports strong bones and teeth: Vitamin D regulates calcium absorption and bone metabolism, both of which are essential processes for maintaining strong bones and teeth.
- › Enhances immune system at the cellular level via vitamin D receptors that are active in many immune cells
- › Supports healthy blood pressure levels already within a normal range by its regulation of the blood pressure hormone renin in the kidneys

*Please copy for your patients.*

**GF** This product contains less than 10 parts per million of gluten per serving size or less than 20 parts per million per the suggested use listed on each product label.

†These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Introduced in 2008



**Content:**

120 perles

**Suggested Use:** Two perles twice per day with meals, or as directed.

**Supplement Facts:**

Serving Size: 2 perles

Servings per Container: 60

	Amount per Serving	%DV
Calories	10	
Calories from Fat	10	
Total Fat	1.5 g	2%*
Vitamin D	100 IU	25%
Vitamin E	5 IU	15%
Tuna Oil	1,080 mg	
DHA	240 mg	
EPA	50 mg	

\*Percent Daily Values (DV) are based on a 2,000-calorie diet.

**Ingredients:** See Supplement Facts.

Other Ingredients: Gelatin, glycerin, water, carob, natural flavor, mixed tocopherols (soy), and cholecalciferol.

*Supportive but not conclusive research has shown that EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.*

**Sold through health care professionals.**



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# Tuna Omega-3 Chewable

## How Tuna Omega-3 Chewable Keeps You Healthy (continued)

Vitamin E supports cellular health throughout the body

- › Helps protect cells against free radical damage
- › Provides support to cell membranes
- › Helps protect against the oxidation of lipids within the body<sup>†</sup>

## What Makes Tuna Omega-3 Chewable Unique

### Product Attributes

Supplies a natural source of omega-3 essential fatty acids for nutritional support to people of all ages

- › Chewable perle with mild orange flavor—perfect for those who cannot or choose not to swallow pills, especially children and the elderly
- › Third-party tested for contaminants (heavy metals and toxic agents)
- › Provides a convenient way to increase omega-3 intake
- › Helps balance our intake of essential fatty acids (omega-3s and omega-6s)
- › Tuna is naturally high in DHA and provides a 5:1 ratio of DHA to EPA, similar to the ratio found in breast milk<sup>†</sup>

### Manufacturing and Quality-Control Processes

Degreed microbiologists and chemists in our on-site laboratories continually conduct bacterial and analytical tests on raw materials, product batches, and finished products

- › Ensures consistent quality and safety
- › Additional testing by a third party to ensure compliant levels of contaminants (tests include, but aren't limited to, assays for anisidine, lead, cadmium, arsenic, mercury, PCBs, and dioxins)

## Whole Food Philosophy

Our founder, Dr. Royal Lee, challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for Tuna Omega-3 Chewable.

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