

MarineOmega™

Omega-3 Longevity Formula with Krill Oil



MarineOmega is a dietary supplement of ultra-pure omega-3 fatty acids formulated to promote overall wellness and lifelong vitality. MarineOmega's longevity benefits include helping to support the body's immune response, supporting general health, improving stimulation and wellness and helping to improve joint function and overall mobility.

Omega-3 fatty acids are critically important components of numerous body structures and functions, from modulating immune responses to regulating neural development and function. Omega-3 fatty acids are long-chain polyunsaturated fats that are found in abundance in fatty fish such as salmon and herring. Nutritional scientists recommend the regular consumption of fatty fish to increase levels of dietary omega-3 fatty acids. When fish is not a convenient or available dietary option, a high-quality fish oil supplement can be used to ensure regular consumption of optimal levels of omega-3 fatty acids.

Two important omega-3 fatty acids are EPA (eicosapentaenoic) and DHA (docosahexaenoic). Pharmanex's MarineOmega has, additionally to the fish oil extract, a unique and potent source of EPA and DHA from Antarctic Krill, as small crustacean found in abundance in the ocean. Krill Oil has a high concentration of EPA and DHA in a unique phospholipid form that makes them highly bioavailable for use in the brain and cell membranes throughout the body. Krill Oil also contains the antioxidant carotenoid astaxanthin and a unique flavonoid.

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Code: 85883536 / 85893536

Key Benefits

- Helps to support immune response
- Helps to improve joint function and mobility
- Helps neural function and wellness.

What makes MarineOmega Unique?

- High ratio of omega-3 to omega-6 polyunsaturated fatty acids
- Ultra-pure source of fresh fish oil; tested free of toxins, pollutants and heavy metals
- Contains Krill Oil that provides multiple benefits:
 - (a) Provides highly bioactive EPA and DHA
 - (b) Contains the powerful antioxidant carotenoid astaxanthin
 - (c) Contains a unique flavonoid
- Includes natural lemon oil for a pleasant aroma and minimal fishy flavour.

Product Usage

Take two (2) to four (4) softgel capsules daily, with meals.

Key Ingredients

Euphasia pacifica, otherwise known as Krill – a type of small shrimp-like crustacean abundant in the arctic waters off the coast of Vancouver Island, Russia, Ukraine, Antarctica and Japan. Krill represent the largest biomass in the world with <1% of the total amount of Krill harvested annually. Krill are the primary food source of whales and are a delicacy in several Asian countries.

The general benefits of Neptune Krill Oil™ are that it offers a unique and natural combination of phospholipids high in EPA and DHA, naturally-occurring potent antioxidants such as vitamin A, E and astaxanthin and omega-3 and omega-9 (oleic) fatty acids. Krill Oil offers an ideal ratio of omega-3:omega-6 at approximately 15:1. It also contains unique flavonoid and carotenoid antioxidants that are up to 550 times more powerful than vitamin E. Krill Oil naturally contains 40% phospholipids, most fish oil sources do not provide any phospholipids.

In addition to the general benefits of Krill Oil, Neptune Krill Oil has additional benefits that most other Krill Oils do not have.

- 1) The inclusion of Neptune Krill Oil (NKO™) enables MarineOmega to be one of the best Omega-3 products on the market today. The combination of Krill Oil with Omega-3 fatty acids provides unique health benefits by providing a significant dosage of EPA and DHA.
- 2) Unlike other Krill Oil products, NKO utilises a patented cold-extraction process that protects the most important ingredients – phospholipids and esterified astaxanthins – which are typically destroyed during normal processing. This ensures that the body can better utilise MarineOmega and potentially obtain the tremendous health benefits.
- 3) The ingredient NKO meets the Pharmanex 6S Quality Process. NKO poses no risk of contamination by heavy metals, PCB's and other harmful contaminants that are sometimes found in other marine products.

Complimentary Pharmanex Products

As a foundation to your nutritional regime, Pharmanex recommend that MarineOmega be combined with either LifePak or LifePak Essentials Super A*, this foundation delivers optimal amounts of nutrients supportive for long-term health and well being.

By choosing either LifePak or LifePak Essentials Super A and combining MarineOmega you are actively creating a stable, core foundation to your dietary supplement regime. Once you have created this regime you can then build in specific supplements that are tailored to your specific needs.

* LifePak is available in Austria, Belgium, Germany, Iceland, Italy, Luxembourg, Netherlands, Sweden and the United Kingdom.

* LifePak Essentials Super A is available in Denmark, Finland, France, Netherlands, Norway and Spain.

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Frequently Asked Questions

- Q. What is the difference between MarineOmega and Optimum Omega?
- A. MarineOmega and Optimum Omega are similar products in the same category and contain the same fish oil, but to avoid any confusion MarineOmega has twice as much fish oil and also includes the additional benefit ingredient of Krill Oil.
- Q. What is MarineOmega?
- A. Marine Omega is a dietary supplement of ultra-pure omega-3 fatty acids developed to promote wellness and longevity. Balanced essential fatty acid nutrition is essential for normal immune function, general health and mobility. MarineOmega is an excellent source of essential omega-3 fatty acids typically lacking in peoples diets. MarineOmega combines the highest grade fish oils with oil from Krill harvested from the pristine waters of Antarctica.
- Q. Who should use MarineOmega?
- A. MarineOmega is recommended for anyone who would like to balance their essential fatty acid nutrition and who would like to add omega-3 fatty acids to their diet.
- Q. What makes MarineOmega unique?
- A. MarineOmega has a high ratio of omega-3 to omega-6 polyunsaturated fatty acids and uses an ultra-pure source of fresh fish oil tested free of toxins, pollutants and heavy metals.
- Q. Why are omega-3 fatty acids important?
- A. Omega-6 and omega-3 fatty acids are two of the forty-nine essential nutrients. As essential nutrients they cannot be synthesised by the body, but must be ingested directly in the form of foods or dietary supplements. Essential fatty acids are necessary for normal growth, healthy skin, circulation and general overall health and well being. However, in Western society, the ratio of intake of omega-6 fatty acids, found in common plant oils, to the intake of omega-3 fatty acids, found in fish oil, is too high and can lead to the

formation of excess arachidonic acid and potentially harmful eicosanoid products in the body. Science now supports the importance of reducing the intake of omega-6 fatty acids, such as linoleic acid and increasing the intake of omega-3 fatty acids in the diet of adults and newborns for optimal health and functions.

- Q. What ingredients does MarineOmega provide?
- A. MarineOmega consists of marine fish oil, including EPA and DHA, vitamin E and Neptune Krill Oil. Krill Oil is an excellent source of phospholipids, antioxidants, carotenoids and EPA and DHA.
- Q. What is the role of Marine Fish Oil in MarineOmega?
- A. Marine fish oil is an excellent source of the highest grade omega-3 fatty acids. Two common omega-3 fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), are both present in MarineOmega. Alpha-linolenic acid (ALA), also an essential fatty acid and classified as an omega-3 fatty acid, can be obtained through many fats, flaxseed oil, nuts and soybeans. Although the human body converts ingested alpha-linolenic acid to EPA and DHA, the conversion is slow and incomplete, where a maximum of 21% and 9% if ALA can be converted to EPA and DHA respectively. Diets high in linoleic acid (an omega-6 fatty acid) inhibit the conversion of Alpha-linolenic acid to EPA and DHA. On the other hand, omega-3 fatty acids from fish are direct sources of EPA and DHA.

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Q. What is the role of Krill Oil in MarineOmega?

A. *Euphasia pacifica*, commonly known as Krill, are small shrimp or prawn-like crustaceans found in oceans off the west coast of Vancouver Island, Russia, Ukraine, Antarctica and Japan. Neptune Krill Oil is a marine oil offering a unique and natural combination of phospholipids high in EPA and DHA, potent antioxidants such as vitamins A, E and astaxanthin and omega-3 and omega-9 (oleic) fatty acids. Krill Oil offers an ideal ratio of omega-3:omega-6 at approximately 15:1. Krill Oil contains unique flavonoid and carotenoid antioxidants that are up to 550 times more powerful than vitamin E. Specialised tests (ORAC) have demonstrated excellent antioxidant power, superior to lycopene and co-enzyme Q10. Phospholipids are an essential part of every cell in the body. They form and keep healthy and intact the membrane of every cell, protecting them from toxic injury and free radical attack. They are essential for all vital cell processes and are indispensable nutrients for proper brain function. Krill oil naturally contains 40% phospholipids, while most fish oil sources do not provide any phospholipids. Omega-3 fatty acids in fish oil are highly unsaturated and may easily undergo oxidation. The vitamin E present in MarineOmega has antioxidant properties that help prevent the pro-oxidant effects of fish oil and also provides nutritional benefit.

Q. What is the source of omega-3 fatty acids in MarineOmega?

A. MarineOmega provides the highest quality omega-3 fatty acids from fish oil and krill oil. The fish oil is derived from sardines, salmon, mackerel and anchovies. Krill Oil is derived from *Euphasia pacifica*, which are small shrimp or prawn-like crustaceans.

Q. How are the ingredients in this product standardised?

A. The constituents in MarineOmega are concentrated through scientific and analytical methods in a sterile environment to ensure that every capsule contains the prescribed level of constituents. Other routine testing includes analysis of heavy metals, pesticides (DDT, DDE, HCB), dioxins, full microbial testing and residual solvent content.

Q. What is the market for MarineOmega?

A. Currently the ratio of omega-6 to omega-3 in the American diet ranges from 20:1 to 30:1 in many Western countries, to 4:1 in Japan – with ratios grossly in favour of omega-6 fatty acids. Anyone with an imbalanced essential fatty acid intake can benefit from MarineOmega.

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Supplement Facts

Key Ingredients	Daily Amounts of 2 capsules
Marine fish oil providing: Eicosapentaenoic acid (EPA) Docosahexaenoic acid (DHA)	2200mg 300 mg 200mg
Krill Oil	100mg
Other: Natural lemon oil	

6S Quality Process

Nutritional scientists recommend the regular consumption of fatty fish for optimal levels of omega-3 fatty acids. However, fresh fish are not always available options for consumers and there is a growing concern over the rise of toxic build-up in many fish populations. MarineOmega is made from only the freshest fish sources of omega-3 fatty acids and is tested for toxins, contaminants and heavy metals and meets Pharmanex's strict 6S quality standards for efficacy and safety. It also contains vitamin E that preserves product freshness by preventing oxidation and lemon oil for a pleasant aroma and minimal fishy flavour.



NSE Advantage (Automatic Delivery Programme)

NSE Advantage is a convenient way to purchase products of your choice on a monthly or bi-monthly basis and to reward you for your loyalty you will receive between 10 - 20% discount. Simply go to www.europe.pharmanex.com or www.nseeurope.com to find out more and sign up immediately.

Omega-3
Longevity
Formula
with
Krill Oil



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A food supplement should not be used as a substitute for a varied diet.

