

Omega-3 with Vitamin D₃



The Ultimate Combination of Sea and Sun in Every Capsule

Omega-3s from the Sea

Everyone needs omega-3.

The EPA and DHA fatty acids provide benefits to cardiovascular and brain health. In fact, studies show that populations consuming high levels of omega-3 in seafood-rich diets are the least prone to the health concerns associated with the modern Western diet. However, it isn't always easy to get the right amount of omega-3 on a daily basis, so many of us turn to supplementation.



Vitamin D from the Sun

Vitamin D deficiency has also become more common in the overall population. We are venturing outside far less often, and when we do go out, we're often covered in layers of clothing or lathered with sun block. So, **much like the case with omega-3s, supplementation has become a primary means of acquiring vitamin D.**



Mannatech's Omega-3 with Vitamin D₃ Is the Best Choice

- ✓ Provides **more than 1,000 mg** of highly concentrated EPA and DHA per serving
- ✓ Made from the **highest-quality** fish oils, molecularly distilled for **ultra-purity**
- ✓ Contains **830 IU** of vitamin D₃ per serving
- ✓ **Easy-to-swallow** gel capsules have a **pleasant lemon** flavor

Packed to the gills with great benefits!

- Supports cardiovascular and heart health
- Supports brain health and function
- Promotes development of strong bones
- Aids in the absorption and use of calcium
- Supports the development of the brain, eyes and nerves in children up to 12 years of age

Why combine omega-3 and vitamin D in the same product?

Omega-3 fish oil makes the perfect complement to vitamin D because both products are oil based and can be combined into a single gel cap. Most importantly, **vitamin D is a fat-soluble vitamin that can be better absorbed when taken or combined with another fat or oil-based food or supplement, such as omega-3 fatty acids from fish oil.**





Research shows that **most people are deficient in omega-3 fatty acids as well as vitamin D**, which can significantly affect long-term health.

Your body *doesn't* produce omega-3

For centuries, people got enough omega-3s through their diets. But with the lack of natural grazing, livestock now provide little or no omega-3. Additionally, grains, soybeans and other seed oils dominate our food supply, resulting in too much omega-6 in our bodies. Even farm-raised fish are often grain fed and contribute more omega-6 than omega-3.

Although omega-6 is important, it competes with omega-3 for space in our cells. Instead of a balance between the two, which is optimal for good health, especially cardiovascular and brain health, our current diets have created a ratio that ranges as high as 30:1 omega-6 to omega-3. By contrast, our ancestors maintained a 1:1 ratio—which is better for cardiovascular health.



Your body *can* produce vitamin D₃

But not easily. Vitamin D₃ is a natural form of vitamin D that is produced by the body and is thought to be highly beneficial. All it takes is several minutes of regular and direct sun exposure to produce vitamin D. But many North American populations have moved from the farm/country into cities and suburbs, where most of our employment involves working indoors, and our kids often spend less time playing outdoors. So **we don't consistently get enough sun.** On top of that, there are only a limited number of foods (fish is one of them) that are naturally rich in vitamin D.

Global demand for vitamin D, often referred to as the “sunshine vitamin,” has risen sharply in recent years due to new and emerging **research linking vitamin D deficiency to a number of common health concerns.** Further fueling the urgency for supplementation was the Institute of Medicine's (IOM) late 2010 recommendation to increase the recommended daily allowance to 600–800 IUs per day. However, many experts feel that this recommendation is still too low.

Our supplement provides 830 IUs of vitamin D₃ per serving.

Doctors, scientists and nutritionists agree that everyone, but especially those concerned with cardiovascular and cognitive health, could benefit from omega-3 and vitamin D.

Get the best of both worlds—from the sun to the sea—with Mannatech's Omega-3 with Vitamin D₃!



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Item Number: 1297811 • 15023.0811

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