

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 contribute to the normal function of the heart and brain. 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 sun block. So, **much like the case with omega-3s, supplementation has become a popular means of acquiring vitamin D.**



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

- X Provides **more than 1,000 mg of highly concentrated EPA and DHA** per serving
- X Made from the **highest-quality** fish oils, molecularly distilled for **ultra-purity**
- X Contains **4mcg of vitamin D₃** per serving
- X **Easy-to-swallow** gel capsules have a **pleasant lemon flavour**

Packed to the gills with great benefits!

- DHA contributes to the maintenance of normal vision
- EPA and DHA contributes to the normal function of the heart
- DHA contributes to the maintenance of normal brain function.
- Vitamin D contributes to normal absorption and utilisation of calcium and phosphorus.
- Vitamin D contributes to the maintenance of normal bones and teeth.
- Vitamin D contributes to the normal function of the immune system.

Research shows that **most people are deficient in omega-3 fatty acids as well as vitamin D**

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

Health

Omega-3
with Vitamin D₃

Omega-3 with Vitamin D₃



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.**

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 a healthy immune system, 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.

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. Many Europeans are working and living in cities and suburbs where we spend most of our time indoors and our children 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.**

Our supplement provides 4 mcg of vitamin D₃ per serving.

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

Contact me for more information or to order your Omega-3 with Vitamin D₃ now:

If not completely satisfied, contact Customer Services and return the product within 90 days for a full refund.

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