

Essential Source™



Taking the Right Omega-3 Supplement?

Omega-3 fatty acids are vital to long-term wellness. But if you're not getting enough omega-3 fatty acids from the right source, you may be putting yourself at risk. Unfortunately, your body cannot produce omega-3s on its own; therefore, you must get them from the foods you eat. But in today's world this isn't easy since omega-3s are no longer plentiful in the common diet. Fish oil supplements may be the best source of omega-3s, providing the most EPA and DHA for your money.

What is omega-3?

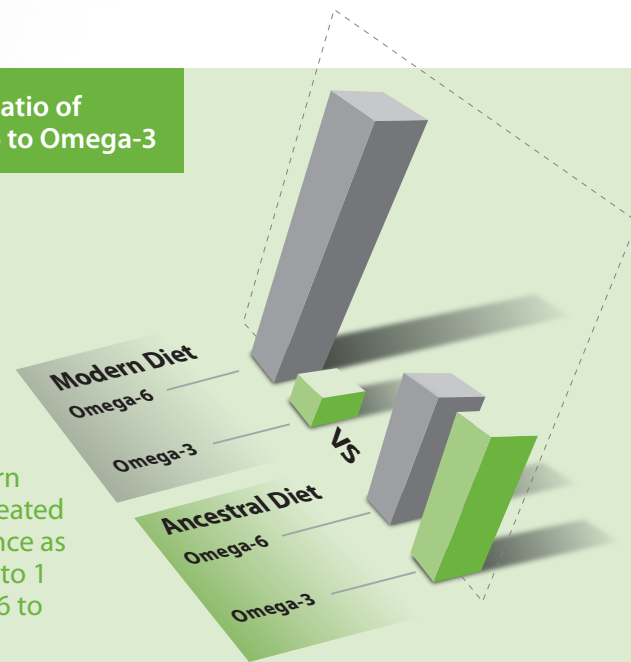
Omega-3 fatty acids are an unsaturated fatty acid that your body needs to maintain wellness. They come in several varieties, but the two believed to be most important are EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). When it comes to these two fatty acids, getting enough is critical.

Adding omega-3 fatty acids to your diet is a good way to improve your overall well-being, especially your cardiovascular health, memory and learning.

Diet isn't always the answer. For centuries, people got enough omega-3s through their diets. This is harder to achieve in today. Omega-6s are important too, but they compete with omega-3s for space in our cells. Instead of a balance between the two our modern diet has created a ratio that ranges as high as 30:1 omega-6 to omega-3. By contrast our ancestors maintained a 1:1 ratio.

Dietary Ratio of Omega-6 to Omega-3

Our modern diet has created an imbalance as high as 30 to 1 of omega-6 to omega-3



*Studies suggest 650 mg per day of these omega-3 long chain fatty acids can support memory and learning and that 250 - 500 mg per day of EPA and DHA aid good cardiovascular health.



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Omega-3s bring you big benefits.

In fact, several studies suggest in certain amounts omega-3s can:

- Support memory and learning (650 mg/day).
- Aid good cardiovascular health (250–500 mg/day).
- Promote healthy pregnancies and healthy babies (200–300 mg DHA/day).

Inspired by Real Food Technology™ solutions, Mannatech's Essential Source Omega-3 provides the essential fatty acids your body needs to maintain wellness.

Why Mannatech's omega-3 is better:

- **Packed with high quality**—Our Essential Source Omega-3 is made from one of the highest-quality fish oils available.
- **Ultra-purity**—A proprietary, two-step molecular distillation process means that contaminants are eliminated to achieve a standard of ultra-purity that is among the highest in the industry.
- **Brimming with EPA and DHA**—Two capsules a day provides a combined 1110mg of EPA and DHA, more than many other supplements.
- **Pleasant, non-fishy taste**—it has virtually no fishy aftertaste and a pleasing lemon flavor, which also helps prevent “fishy reflux” or “fish burps.”
- **Efficiently sourced**—Our fish oil is earth-friendly and is made from the highest-quality and sustainable sources with complete traceability throughout the manufacturing process. Good for fish, great for the planet.

Intake of omega-3 fatty acids has been identified as one of 12 modifiable behaviors (along with quitting smoking, lowering salt intake, etc.) that can contribute to increased longevity. A study showed that individuals with intake levels of 250 mg per day EPA and DHA tended to live longer.

Because it's from Mannatech, Essential Source Omega-3 is:

- Made using Mannatech's Real Food Technology solutions
- Naturally sourced
- Good for the whole family
- Based on cutting-edge technology
- Quality ensured through our compliance with current Good Manufacturing Practices (cGMPs)
- 100% Satisfaction Guaranteed†



Take your first step toward wellness today.

Find out more about our company, our complete product line and the opportunities that await from the Mannatech Independent Associate who shared this information with you.

THIS PRODUCT IS NOT A MEDICINE

†Mannatech stands behind the quality of its products and your satisfaction. If for any reason you try our product and are not completely satisfied, you may return it within 90 days of purchase for an exchange or refund of the product price and applicable tax. See Section 5.13 of the Associate Policies & Procedures for full details.

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