

## Liquid Omega-3

### Great tasting, suitable for vegetarians

#### DESCRIPTION

Liquid Omega-3, supplied by Douglas Laboratories, provides optimal levels of omega-3, omega-6 and omega-9 fatty acids as a great tasting, pomegranate-blueberry flavored supplement with the texture of a fruit smoothie. Liquid Omega-3 is novel as it does not contain any animal ingredients and is suitable for vegetarians and vegans. This delicious supplement is sweetened with xylitol and its nutritionally important omega fatty acids are derived from borage and algal DHA oils as well as organic flax seed oil.

#### FUNCTIONS

Liquid Omega-3 serves as a pure, natural source of beneficial fatty acids that are often difficult to obtain from a vegetarian diet. Rich in omega-3 fatty acids (EPA, DHA and ALA), the synergistic gamma linolenic acid (GLA) and the omega-9 oleic acid, Liquid Omega-3 helps restore balanced fatty acid nutrition using only plant based oils. Typical diets in developed countries deliver large amounts of saturated fatty acids and the polyunsaturated omega-6 linoleic and arachidonic acids, but often not enough of the omega-3 and omega-9 fatty acids. Similar fatty acid imbalances can be the result of consuming very low fat diets. Diets high in linoleic acid (omega-6) and low in omega-3 fatty acids have been shown to promote the formation of potentially undesirable immune mediators, the 2-series prostaglandins, thromboxanes and leukotrienes, whereas diets high in omega-3 fatty acids enhance the formation of potentially desirable prostaglandins of the 1 and 3 series.† The omega-6 GLA is thought to down regulate the potentially unwanted actions of excessive dietary linoleic acid. GLA and the omega-3 fatty acids appear to act synergistically in balancing normal immune function.† Thus, a balanced dietary intake of all of these fatty acids appears to be necessary to maintain normal immune response. The omega-3 fatty acids also have important functions for visual acuity and possibly in maintaining already normal blood lipoprotein levels.†

#### INDICATIONS

Liquid Omega-3 may be a useful dietary adjunct for individuals wishing to increase their intake of nutritionally important fatty acids.

#### FORMULA (#57414)

Each Tablespoon Contains:

Calories .....	70
Calories from Fat .....	50
Total Fat .....	5 g
Saturated Fat .....	0.5 g
Trans Fat.....	0 g
Polyunsaturated Fat.....	3.5 g
Monounsaturated Fat.....	1 g
Cholesterol .....	0 mg
Sodium .....	0 mg
Total Carbohydrate .....	5 g
Sugars.....	0 g
Xylitol .....	3 g
Omega-3 Polyunsaturated Fat	
Alpha-Linolenic Acid .....	1,490 mg
Docosahexaenoic Acid .....	130 mg
(DHA)	
Eicosapentaenoic Acid.....	4 mg
(EPA)	
Omega-6 Polyunsaturated Fat	
Linoleic Acid.....	1,370 mg

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Gamma Linolenic Acid ..... 510 mg

Omega-9 Monounsaturated Fat

Oleic Acid ..... 890 mg

Ingredients: Vegetarian Oil Blend (organic flaxseed oil, borage oil, DHA algal oil), water, xylitol, glycerine, gum arabic, natural flavors, vegetable juice (for color), citric acid, xanthan gum, guar gum, sorbic acid, ascorbyl palmitate

### SUGGESTED USE

Adults take 1 tablespoon daily with meals or as directed by your healthcare professional.

### SIDE EFFECTS

No adverse side effects have been reported.

### STORAGE

Store unopened in a cool, dry place, away from direct light. Refrigerate after opening.

Keep out of reach of children.

### REFERENCES

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### For more information on Liquid Omega-3 visit [douglaslabs.com](http://douglaslabs.com)

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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Your patients trust you.