



OMEGA-3 WITH VITAMIN D₃ (SKU 16601) PRODUCT TRAINING SHEET

PRODUCT BASICS

PRODUCT DESCRIPTION: A dynamic supplement providing an abundance of two potent supplements. Omega-3 fatty acids for maintenance of good health, promote brain function, support cardiovascular health.* Vitamin D₃ promotes bone, teeth, immune system and nervous system health while enhancing calcium absorption, helping improve overall quality of life and may help improve mood, especially in winter months.*

BENEFITS:

- Has a pleasant lemon flavor in an easy-to-swallow gel capsule.
- Helps support cardiovascular and heart health.*
- Helps support brain health and function.*
- Helps support a healthy immune system — a key contributor to good health.*
- Provides support for healthy triglyceride levels already within normal levels.*
- Supports calcium absorption.*

FEATURES:

- Free of gluten, dairy and soy
- No artificial flavors or colors
- Reduced fishy burps
- Processed by high vacuum molecular distillation
- Produced according to pharmaceutical standards
- Ultra-pure and Non-GMO

SUPPORTING INFORMATION:

Omega-3 fatty acid is an essential nutrient, meaning it must be consumed within our diet or by supplementation because our body does not produce it naturally. Intake of omega-3 fatty acids has been identified as one of twelve 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 of EPA and DHA tended to live longer.*

Vitamin D₃ can be produced naturally within the body by regular and direct exposure to sunlight. However, during winter months it is more challenging to get enough sunlight to attain enough vitamin D₃ naturally. Very few foods naturally contain or are fortified with vitamin D.

- There is significant evidence that much of the world's population is deficient in both nutrients.
- There are a limited number of foods that are naturally rich in vitamin D and/or omega-3 fatty acids. Fish is one such source, but given concerns that certain types of fish can be contaminated with ocean pollutants, especially mercury, it is advised to limit consumption of fish known to be lower in mercury, such as salmon, to only 2 servings (12 oz.) per week.
- The typical American diet provides as little as 30% of the recommended daily intake of vitamin D.

WHAT MAKES THIS PRODUCT SPECIAL?

WHO IS IT FOR?

- Anyone with limited exposure to regular and direct sunlight, especially those with dark skin pigmentation.
- Individuals who are prone to falling and bone fractures.
- Individuals who wish to supplement their diet with additional vitamin D₃ and omega-3 for the many potential health benefits supported.

WHAT MAKES IT UNIQUE?

- An enormous amount of recent research and data suggests that many people deficient in omega-3s and vitamin D, this deficiency may also be having a significant impact on long-term health.
- Our Omega-3 fish oil product perfectly complements vitamin D because both products are oil-based and can be combined into a single, easy-to-take gel capsule.
- 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.

TOP FAQ:

1. Do Omega-3 with Vitamin D₃ capsules need to be kept cool?

Keep this product cool. During periods of hot weather and/or while shipping to areas experiencing hot weather, the capsules may soften and stick together. While product efficacy is unaffected, consuming capsules that stick together, or which have melted together, may be unpleasant. For this reason, we suggest storing the product in a cool place and ordering enough during cooler months so as to avoid possible heat-related shipping problems during hot weather.

2. What is EPA & DHA?

EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) are considered the two most important omega-3 fatty acids. They are essential nutrients which means they must be obtained through your diet. EPA & DHA are found in many of the body's organs and tissues and are vital to long-term health.

3. What is vitamin D₃ and how is it different from other forms of vitamin D?

Vitamin D has two basic forms, D₂ (ergocalciferol) & D₃ (cholecalciferol). Both forms are natural and equally effective when consumed in moderate amounts. Vitamin D₃, is naturally produced in your skin during exposure to direct sunlight and is thought to be the more beneficial form of vitamin D when consumed in higher amounts. Some animal products such as fish, eggs and fortified milk provide some vitamin D₃ as well. Vitamin D₂ is a plant-sourced form of vitamin D and is the form found in Mannatech's PhytoMatrix®.

4. Many doctors and healthcare practitioners recommend large amounts of vitamin D, in some cases thousands of IUs per day. Why is this product 830 IU per serving?

While some experts recommend quantities of vitamin D that exceed the Institute of Medicine's new recommended daily intake (RDI) of 600 IUs for adults up to 70 years of age, no current research indicates a single larger serving size that would be optimal for the population as a whole.

5. Is Omega-3 with Vitamin D₃ suitable for vegetarians?

Currently, Omega-3 supplements that provide higher and balanced amounts of concentrated EPA and DHA are fish derived. Omega-3 with Vitamin D₃ is derived from fish oil and lanolin and is contained within a capsule sourced from bovine gelatin. Because of this, we would not recommend for vegetarians.

6. Does Omega-3 with Vitamin D₃ contain vitamin A?

Mannatech's Omega-3 with Vitamin D₃ does not contain a measurable amount of vitamin A. The oil in Omega-3 with Vitamin D₃ is made from whole fish, and the livers of these small cold-water fish are very small, so there are only trace amounts of vitamin A in them. Once the oil goes through the molecular distillation, most of the remaining vitamin A is removed.

7. Why didn't Mannatech use a plant-sourced omega-3, like flaxseed?

Plant-sourced omega-3s provide alpha linolenic acid (ALA), which has a shorter fatty acid chain than EPA and DHA. While ALA is healthy and beneficial, most of the benefits associated with consuming omega-3s are related to increased consumption of the longer-chain fatty acids EPA and DHA.

DIRECTIONS:

Take two capsules once daily with 8 fl oz of water or other liquid.

ASSOCIATE PRICING \$31.99, 30 PV AND \$1.07 PER DAILY DOSE

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Omega-3 with Vitamin D₃ capsules

Supplement Facts		
Serving Size 2 Capsules Servings Per Container 30		
	Amount Per Serving	% Daily Value
Calories	20	
Calories from Fat	20	
Total Fat	2 g	3%*
Polyunsaturated Fat	1.5 g	†
Cholesterol	3 mg	1%*
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Vitamin D ₃ (as cholecalciferol)	20.75 mcg	103%
Omega-3 Fatty Acids	1110 mg (1.11 g)	†
EPA (Eicosapentaenoic Acid)	660 mg	†
DHA (Docosahexaenoic Acid)	450 mg	†
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*Percent Daily Values are based on a 2,000 calorie diet.		
†Daily Value not established.		

Other Ingredients: Purified fish oil concentrate, Kosher gelatin, glycerin, water, natural lemon flavor, mixed tocopherols (antioxidant to preserve freshness).

Contains: Fish (anchovies, sardines)

Gluten-Free

Recommended Adult Use: Take two capsules once daily with 8 fl oz. water or other liquid.

One serving of Mannatech's Omega-3 supplement provides 1110 mg of essential omega-3 fatty acids to support cardiovascular health and maintain brain function.*

Additionally, it contains 830 IU of natural vitamin D₃ to strengthen bones and promote a healthy balance of immune function.*

WARNING: If you are pregnant, nursing, taking medication, have a health condition or are planning a medical procedure, consult your health professional before use. Discontinue use and consult your doctor if any adverse reactions occur.

Do not use if inner seal is missing or broken. Keep out of reach of children. Keep bottle tightly closed. Store in a cool, dry place.

Product Number 16601

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