

OMEGA+

✦ FAQs ✦

WHAT IS LIFEVANTAGE OMEGA+?

LifeVantage Omega+ contains 100% traceable and sustainable pharmaceutical-grade fish oil from Norwegian Cod and Alaskan Pollock. This fish oil supplement comes in easy-to-take softgels with high levels of EPA and DHA omega-3 fatty acids, omega-7 fatty acids, and Vitamin D.

CAN I TAKE OMEGA+ WITH OTHER SUPPLEMENTS?

We recommend you consult with your physician if there are any concerns.

HOW MANY SERVINGS ARE THERE IN THE OMEGA+ PER BOTTLE?

There are 30 servings per bottle.

WHAT'S THE RECOMMENDED DOSAGE FOR OMEGA+?

Recommended dosage is 3 softgels per day.

CAN I GIVE OMEGA+ TO CHILDREN?

Consult with your physician prior to use.

CAN I TAKE OMEGA+ IF I AM PREGNANT OR NURSING?

Consult with your physician prior to use.

WILL I EXPERIENCE A FISHY AFTERTASTE OR EXCESS BELCHING WITH OMEGA+?

No, you should not experience a fishy aftertaste. The softgels have lemon and lime oil added in order to further hide any potential fishy aftertaste.

WHAT ARE THE BENEFITS OF TAKING OMEGA+?

By combining Omega 3 and 7 with Vitamin D3, the LifeVantage Omega+ product supports cognitive health, overall cardiovascular health, maintains normal muscle function and supports the immune system.*

WHAT ARE THE BENEFITS OF VITAMIN D3?

- Vitamin D is needed/important for the structure of bones/ healthy bones.*
- Vitamin D helps build and maintain strong/healthy bones.*
- Vitamin D is necessary for adequate bone density.*
- Vitamin D contributes to normal cell division.*

*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.

WHAT ARE EPA AND DHA FATTY ACIDS AND WHY ARE THEY IMPORTANT?

Omega-3 fatty acids are a long-chain fatty acid found primarily in fish located in very cold climates. These fish require unsaturated, long-chain fats with especially low freezing points to ensure the fats don't solidify while swimming in nearly freezing water temperatures. Two types of omega-3 fatty acids found in fish are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

Most unsaturated fats in a typical US diet contain omega-6 fatty acids. Research has shown that a 1:1 balance of omega-3 to omega-6 fatty acids is associated with a myriad of health benefits, particularly related to the heart, blood vessels, lipid levels. By consuming cold-water fish, or supplementing with fish oil high in naturally-occurring omega-3 fatty acids, that balance can be obtained.

Omega-3 Fatty Acids are one of the most thoroughly researched supplements available. Long-chain omega-3 fatty acids EPA and DHA help maintain a healthy heart, are important for cardiovascular health, and help keep the heart and blood vessels healthy.

WHAT ARE THE KEY INGREDIENTS IN OMEGA+?

Omega-3 fatty acids rich in EPA and DHA from Norwegian Cod, omega-7 fatty acids from Alaskan Pollock fish, and Vitamin D.

WHAT ARE OMEGA-7 FATTY ACIDS?

The AlaskOmega Omega-7 Palmitoleic Acid concentrates are derived from Wild Alaska Pollock. Palmitoleic acid is a monounsaturated fatty acid (16:1 n-7), which means it contains only one double bond, like oleic acid, the primary oil in olive oil. The potential human health benefits of palmitoleic acid are relatively unknown but research on this fatty acid has been increasing.

Overall, the current research so far has presented that omega-7 fatty acid may help to normalize lipid profiles, which improves heart health, fights insulin resistance and improves glucose uptake, and improves satiety and fat metabolism.

HOW MANY IUS OF VITAMIN D3 IS IN OMEGA+?

There are 20mcg in this product which is equivalent to 800 IUs.

ARE THERE ANY POTENTIAL ALLERGENS IN THE OMEGA+?

Omega+ contains fish oil (Cod and Pollock).

WHERE DOES YOUR FISH OIL COME FROM?

Alaskan Pollock and Norwegian Cod.

DOES OMEGA+ PRODUCT CONTAIN NRF2 INGREDIENTS?

No, it does not contain Nrf2 ingredients.

IS OMEGA+ MOLECULARLY DISTILLED?

Yes, Omega+ molecularly distilled.