

OMEGA+

✦ FAQs ✦

WHAT IS LIFEVANTAGE OMEGA+?

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

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 New Zealand 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 and Vitamin D.

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).

WHERE DOES YOUR FISH OIL COME FROM?

Norwegian Cod.

DOES OMEGA+ PRODUCT CONTAIN NRF2 INGREDIENTS?

No, it does not contain Nrf2 ingredients.

IS OMEGA+ MOLECULARLY DISTILLED?

Yes, Omega+ molecularly distilled.