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# Healthy heart and circulation

**4** of  
nature's  
richest  
omega-3  
sources!



## Why you need omega-3s

Scientists tell us omega-3 fatty acids help keep your heart and arteries healthy, help you maintain normal cholesterol levels, and more!

### what you eat



### what you need



So how  
much fish  
do you eat?

Researchers recommend 2-3 servings of omega-3-rich fish per week. But if you're like most people, you're lucky to get 1 serving a week.

Just three capsules of GNLD Omega III Concentrate deliver the omega-3s in a serving of fresh fish. Through "species-specific" selection, GNLD assures the purest, most potent omega-3s from four of nature's richest sources!

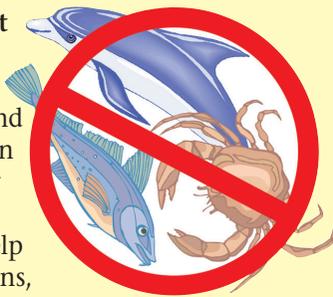
Contact your independent GNLD distributor:



PEOPLE EMPOWERING PEOPLE

# 10 reasons to hook up with Omega III Concentrate

- 1** Balanced ratios of EPA and DHA, as found in nature, which science shows may support normal visual and neuronal development, and enhance vascular health.\*<sup>2, 3</sup>
- 2** Only “body” oils selected from the edible portions of fresh, healthy fish are accepted, never organs that may collect toxins. Omega III Concentrate contains no undesirable oils from shellfish, shark, scavengers, bottom feeders or sea mammals.
- 3** Delivers important lipotropic factors including lecithin, choline, inositol and methionine, known to support healthy blood lipid levels. These nutrients help produce lipoproteins, which help keep lipids (dietary fats) suspended so they can be utilized by the body.
- 4** Ideal serving. Three capsules deliver the omega-3 fatty acid value of one 3-4 oz. serving of fresh fish: at least 540 mg EPA (*eicosapentaenoic acid*) and 360 mg DHA (*docosahexaenoic acid*).
- 5** Species-specific selection. GNLD scientists stipulate the species of fish that provide the richest, purest sources of omega-3s: the finest salmon, anchovies, sardines and herring.<sup>1</sup> These species are native to the deep, cold waters of the North Atlantic, where exposure to pesticides and heavy metals is dramatically reduced.
- 6** Only 10 calories per capsule.
- 7** Contains no hidden vitamins A or D.
- 8** Every batch is laboratory validated for purity and potency.
- 9** Potency guaranteed two years after manufacture.
- 10** No artificial flavors, colors or preservatives.



## The science behind the supplement

### Why GNLD's Scientific Advisory Board backs Omega III Concentrate

Scientists found that people from some countries who eat large amounts of fish have healthier hearts than the rest of us. Researchers now suggest an optimal intake of 800 to 1,100 mg of omega-3s per day. Because you may not be eating enough fish, GNLD's Scientific Advisory Board endorses and recommends this exclusive formula to help you get all the benefits of omega-3s.

## Reel in great health benefits

Scientific evidence has shown that a diet rich in omega-3 fatty acids may:

- Help promote a lifetime of heart health, including support for the normal functioning of the cardiovascular and circulatory systems.\*<sup>4, 5, 6, 7, 8</sup>
- Significantly increase the likelihood of heart health among those at greatest risk.\*<sup>9, 10, 11, 12</sup>
- Help enhance cardiovascular health by inhibiting blood platelet “stickiness.”\*<sup>13</sup>
- Help maintain healthy cholesterol levels.\*<sup>14</sup>
- Help the heart maintain normal rhythm.\*<sup>15, 16, 17</sup>
- Support smooth arterial flow.\*<sup>18</sup>
- Promote mother's health and the optimal development of her child's brain, nerves and eyes throughout her pregnancy and breast feeding.\*<sup>19</sup>
- Support health over a lifetime, including healthy functioning of the heart, blood vessels, brain, nerves, eyes, skin and joints.\*<sup>20, 21, 22</sup>
- Promote normal growth, development and metabolism.\*<sup>23, 24</sup>
- Support healthy brain and memory function in older persons.\*<sup>25</sup>
- Assist with free and easy joint movement.\*<sup>26, 27</sup>

*Omega III Concentrate — your smartest catch of the day!*