

Everyone knows the importance of good nutrition and the role supplementation plays in better health and wellness. However, so many products today make so many claims that you need to exercise your mind in order to make the right choices for your body.

# you decide!

## HOOK UP WITH THE BEST OMEGA-3 SUPPLEMENTS ON THE MARKET!

Research shows that omega-3 fatty acids (EPA/DHA) help keep your heart and arteries healthy, support optimal brain function, promote joint health, and more. Researchers recommend eating 2-3 servings of omega-3-rich fish per week. Since most people are lucky to eat 1 serving a week, many people add fish oil supplements to their diets. In fact, when one considers the cost and time involved in preparing salmon, GNLD Omega III products are a better overall value.

Omega-3 supplements are not all the same. They vary widely in quality and nutritional value.

- Look for oils sourced from fresh, healthy fish that are health screened for human consumption, and are from cold Northern waters. Fish from colder waters have naturally higher amounts of EPA/DHA than those found in warmer waters.
- An optimal serving of omega-3s is found in 3 oz. of fresh fish or salmon steak. The supplement you choose

should mimic the ratios and amounts of EPA and DHA found in nature. Less EPA/DHA may not have an optimum benefit, more may not provide any extra benefit.

- Since pure fish oil is difficult to keep potent for more than a short period of time, make sure the supplement has guaranteed potency for at least 2 years from the date of purchase.
- Finally, make sure only the “body oils” from the fish are used. Other parts of the fish may contain toxins or other contaminants.

### REEL IN A GOOD ONE

GNLD's **Omega III Concentrate** and **Salmon Oil** deliver all of the above and more! You get the whole-body health benefits associated with omega-3s, including support of normal visual and

neuronal development and vascular health.\* Every batch is laboratory validated for purity and potency. Each serving is very low in cholesterol, and there are no artificial colors, flavors or preservatives.

### WHICH IS THE BEST CATCH FOR YOU?

Both GNLD products deliver outstanding benefits, and each has a slightly different formula. Salmon Oil is derived from omega-3-rich pure, premium, cold-pressed salmon. Omega III Concentrate is derived from 4 types of omega-3-rich fish, and includes a special “Lipotropic Blend” that emphasizes cardiovascular health.

Choose GNLD omega-3s and tip the scales in your favor!



Not all omega-3 supplements tow the line. Check this chart to find the best on the market!

## OMEGA-3 PRODUCT COMPARISON

CRITERIA	GNLD Omega III Salmon Oil	GNLD Omega III Concentrate	Nutrilite Salmon Omega III	Shaklee EPA Natural Marine Lipid Conc.	Pharmanex Optimum Omega	Nature's Sunshine Omega-3 EPA	Herbalife Herbalifeline
Sourced without the use of “bottom-feeders” or scavengers?	Yes	Yes	?	Yes	?	?	?
Harvested in a “tuna- & dolphin-friendly” manner?	Yes	Yes	?	?	?	?	?
Uses only health-screened, Omega-3 rich fatty fish from pristine waters?	Yes	Yes	?	?	?	?	?
Balanced ratios of DHA & EPA as found in nature?	Yes	Yes	Yes	No	Yes	Yes	?
Amount of EPA per serving	540 mg	540 mg	180 mg	545 mg	180 mg	180 mg	**
Amount of DHA per serving	360 mg	360 mg	120 mg	235 mg	120 mg	120 mg	**
Only “body oils” from edible portion of fish?	Yes	Yes	?	?	?	Yes	?
Potency guaranteed?	Yes	Yes	?	?	?	?	?
Optimum daily serving of EPA & DHA?	Yes	Yes	No	?	No	?	?
Total User Benefit (based on “Yes” responses)	100%	100%	14%	14%	14%	28%	0%
Other unique features	Virtually no Vitamin A or D	Special blend of lipotropic factors	?	?	?	?	?

\* This statement has not been approved by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. \*\* No data on the label could be found.