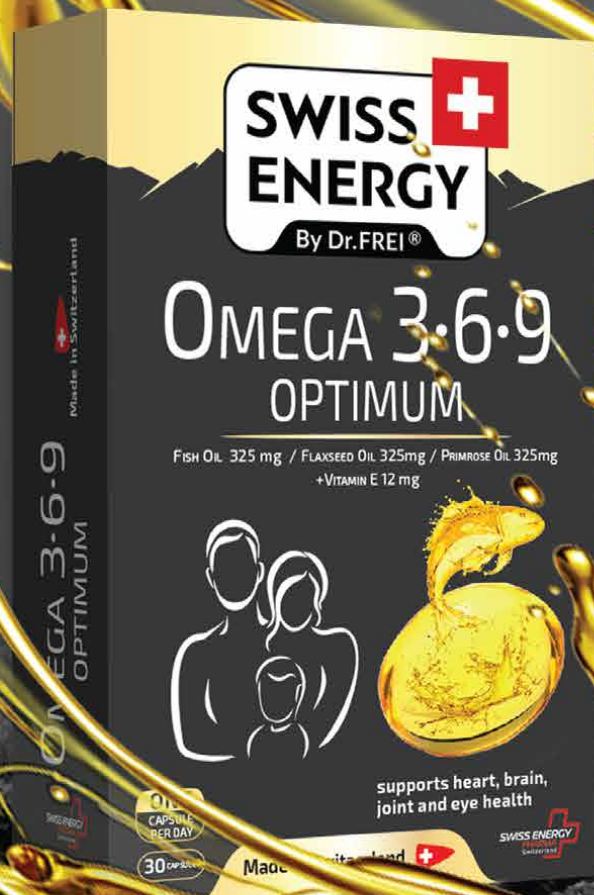


OMEGA



OMEGA IS AN ESSENTIAL COMPONENT FOR A BALANCED DIET

50 years ago, people consumed purer and more natural foods than they eat nowadays.

Clinical studies show that health conditions of human directly depend on its diet.

A balanced and comprehensive diet ensures the overall health of the body and prevents of various diseases.



THE HEALTHIEST DIETS CONTAIN LARGE AMOUNT OF OMEGA

Several studies searched the different diets and their influence on the human lifetime expectancy.

The studies found that the people having Mediterranean, Norwegian and Japanese diets live the longest life. **All these diets contain a lot of fish and seafood.**



OMEGA'S HEALTH BENEFITS ARE STUDIED WELL

The health benefits of Omega fatty acids are well known. The first studies are carried out in the 1970s showed that people live in Greenland who usually consume large amount of fish almost **had no atherosclerosis and cardiovascular diseases.**

Other indicators, such as triglyceride levels, blood pressure, and heart rate, were also better than other populations had.



OMEGA FATTY ACIDS CAN BE CONSUMED ONLY FROM FOOD

Organism is not able to synthesize Omega-3 fatty acids. **Therefore, Omega-3 is essential for human being. It is vital to consume the food enriched with Omega or to take supplements containing them.**

It's needed to eat two or three portions of fish per week to get optimal amount of Omega. The small-sized fish such as mackerel, anchovies, sardines and herring contain the largest amount of Omega. In addition, tuna and trout have a lot of Omega.

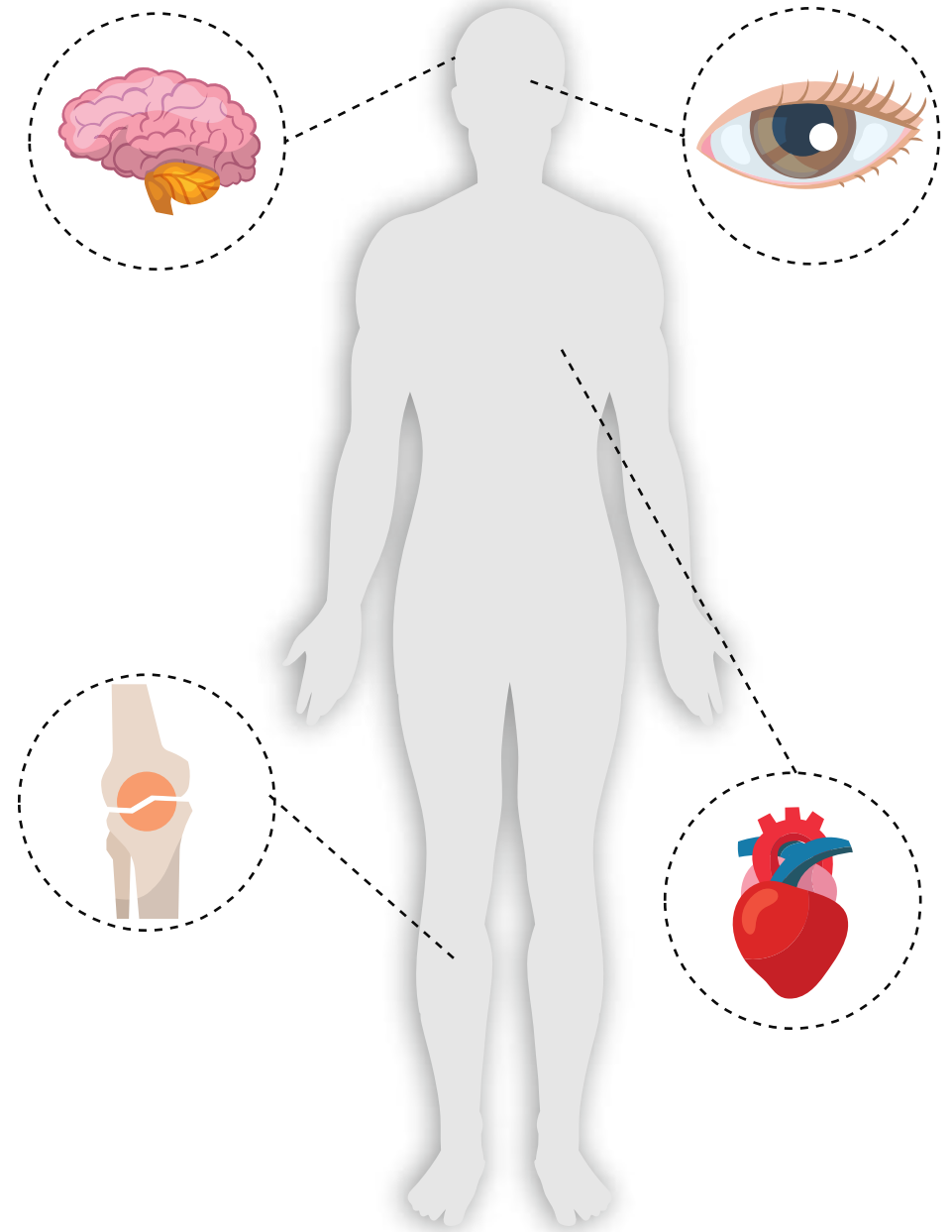


EPA AND DHA ARE THE MOST IMPORTANT OMEGA ACIDS

Omega-3 is the big range of essential fatty acids. There are 11 different types of Omega-3. **Eicosapentaenoic acid (EPA)** and **docosahexaenoic acid (DHA)** are the most important fatty acids among them.

EPA has a powerful anti-inflammatory effect and, according to studies, can reduce the risk of heart disease, rheumatism and cancer. At the same time, **DHA plays an important role for heart and brain health.**

According to WHO recommendations, at least 500 mg of Omega-3 (EPA + DHA) should be consumed every day. The optimal ratio of EPA to DHA is 4: 3.

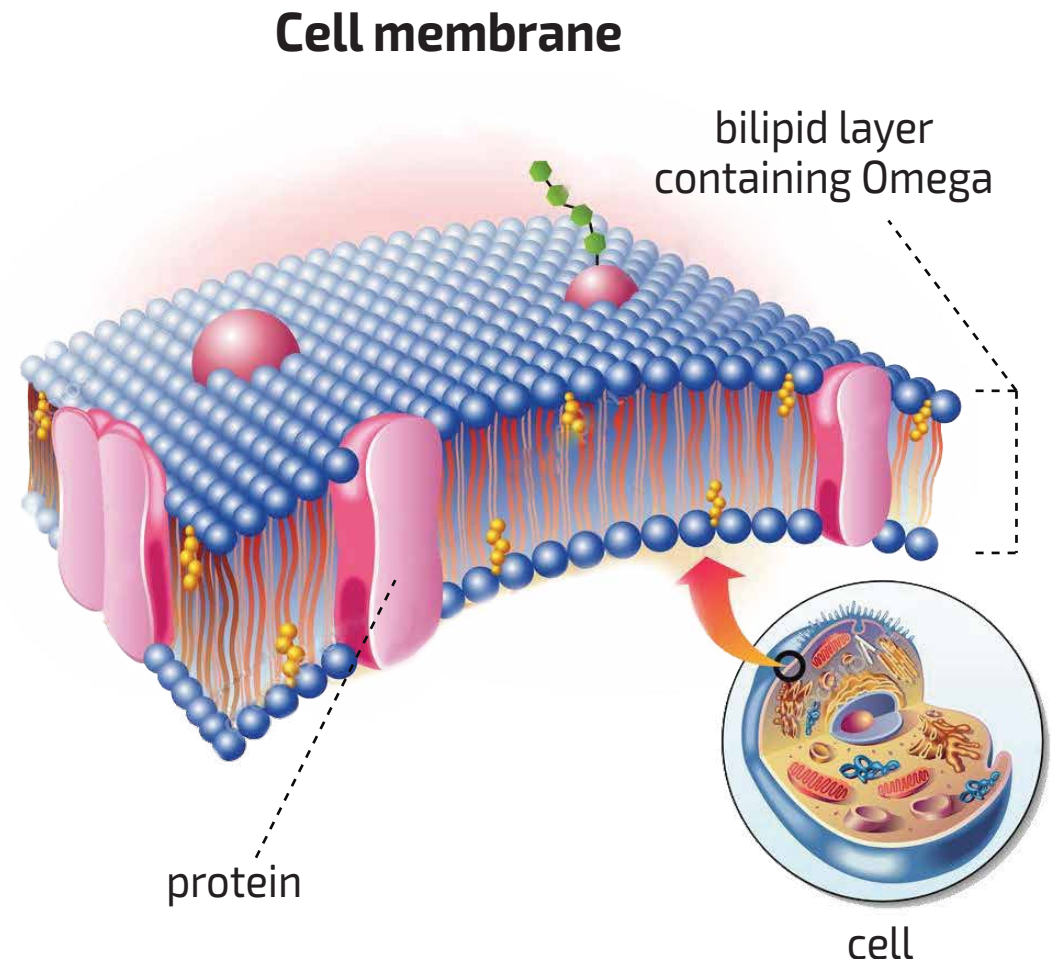


OMEGA-3 IS PRESENT IN EVERY CELL!

Omega-3 fatty acids play a key role in building the membranes of all body cells. They provide a protective barrier between the cell and the environment and participate in work of many cell transport systems.

Such transport systems regulate the entering of various substances into the cell and the removal of substances from the cell, as well as provide communication between the cells.

Omega-3 acids are essential for the healthy functioning of all organs and systems of the body!



HEART AND VESSEL HEALTH

Omega-3 acids contribute to control cholesterol and blood pressure levels, and reduce the risk of cardio-vascular diseases.

Taking Omega-3 helps to improve the rheological properties of blood, and **reduces the risk of blood clots, strokes and heart attacks.**



BRAIN AND NERVOUS SYSTEM HEALTH

The brain substance contains 60% of fat and especially needs in Omega-3 fatty acids. Due to shortage of fatty acids in a diet, the membranes of the brain cell can become rigid and the process of transmission of nerve impulses between the cells can slow down.

Studies shown that increasing Omega-3 in the a diet **improves memory, cognitive functions and speeds up the learning process.** Regular intake of Omega-3 prevents many neurological diseases such as depression, emotional distress, chronic fatigue, Alzheimer's disease, etc.



JOINT HEALTH

Omega-3 fatty acids prevent the destruction of cartilage in the joints. Several studies have noted that Omega-3 **relieves pain in joints, improves their mobility and suppresses inflammatory processes.**

Omega-3 is the source to build special substances called prostaglandins E3, which reduce pain and inflammation.



EYE HEALTH

Scientific studies show that Omega-3 fatty acids can help protect an adult's eyes from **age-related changes and dry eye syndrome.**

They also support the normal flow of intraocular fluid, **reducing the risk of developing glaucoma.**



SKIN, HAIR AND NAILS

Omega-3 is a kind of building material for human hair and nails. Omega-3 **makes the skin softer and cleaner, and makes hair thick and shiny.**

In adolescence, a lack of omega-3 fatty acids can lead to acne. In addition, many clinical studies prove the **positive effect of Omega-3 for psoriasis.**



HEALTHY PREGNANCY

Omega-3 plays the most important role at the very beginning of the development of the human body. **The normal development of the retina and brain of the child is impossible without Omega-3.**

If the mother's body does not receive Omega 3 during pregnancy, there are a high risk of developing neurological diseases of the child.



OMEGA-3 IN SPORTS AND BODYBUILDING

Omega-3 accelerates the growth of muscle mass and reduces body fat. It can be used both for weight loss and for mass gain. In a study carried out in 2015 was demonstrated that all performances in men who take Omega-3 were better in comparison with a placebo group.

Omega-3 increases the overall tone, stamina and muscular function. It also increases hormone production, including the most important in bodybuilding - testosterone.



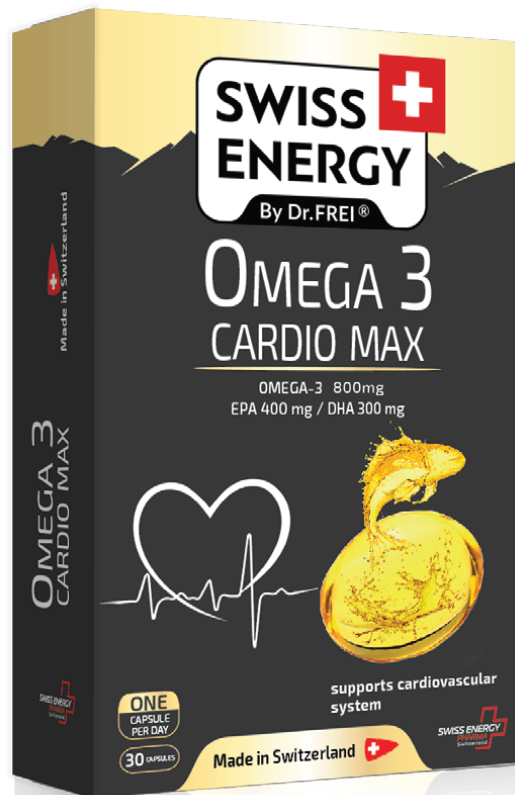
OMEGA-3 IN DIABETES

Omega-3 increases the sensitivity of cells to insulin, and reduces the level of glucose in the blood.

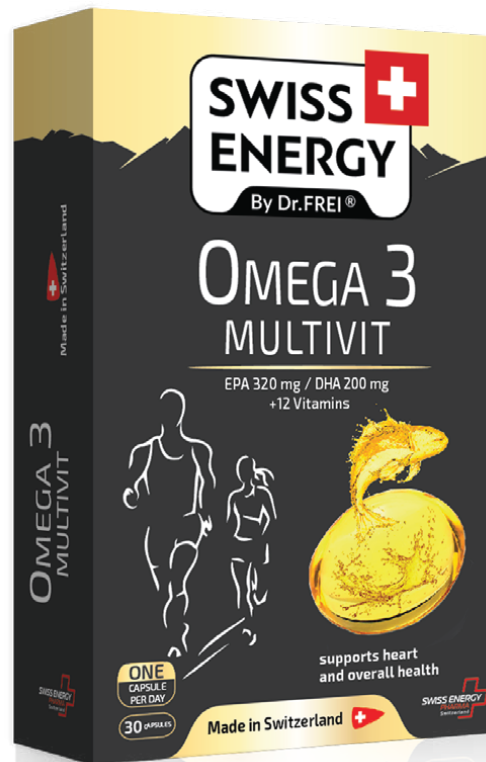
The heart and blood vessels suffer most in diabetes. This is the reason of developing of atherosclerosis and hypertension. Omega-3 is very helpful in such cases.



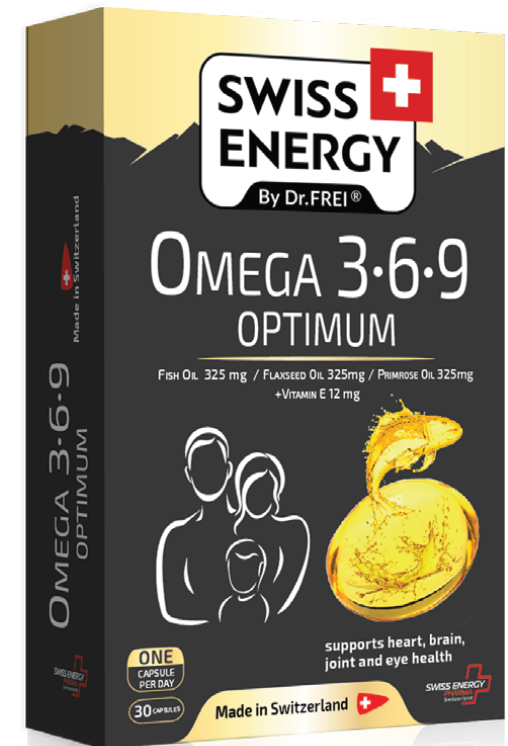
THE WIDE OMEGA RANGE FOR DIFFERENT PURPOSES



Omega 3
Cardio Max



Omega 3
Multivit



Omega 3-6-9
Optimum

QUALITY GUARANTEED

Consumers are becoming more aware of the various forms and types of Omega. They compare the properties and characteristics of different products to evaluate their potential effectiveness. This information affects their preferences for purchasing decisions.

We manufacture our products with all responsibility and focus on the quality of technological operations and the quality of raw materials.

The production is certified and complies with GMP, ISO 13485, ISO 22000 standards.



OXIDATION OF FATTY ACIDS REDUCES THEIR EFFICIENCY

The investigations of fish oil shown that the different samples contain different levels of oxidized fatty acids.

According to some reports, the oxidized fatty acids completely lose their health benefits and even able to provide the opposite effects, such as increasing inflammation and increasing the risk of atherosclerosis, thrombosis, and hypertension.

Oxidation of fish oils begins immediately after extraction, and actively continues throughout the storage period.



AVOIDING OF OXIDATION GUARANTEED EFFICIENCY

We using **inert gases** in the production process, such as **nitrogen** and **argon** to remove oxygen and minimize risk of oxidation.

We add **vitamin E** to all of our products. **Vitamin E** has a **strong natural antioxidative effect** and prevents the oxidation of fatty acids in the capsule.

The individual packaging of each capsule in a blister provides **excellent stability of the ingredients** and prevents the possible oxidation of fatty acids.



NO BAD ODOR AND AFTERTASTE

We use **modern deodorization techniques** in the manufacturing process to remove potential fishy odors and aftertaste.

The high-tech cleaning process is guaranteed absence **any possible contaminants, such as heavy metals, chlorine compounds, dioxins, etc.**





OMEGA

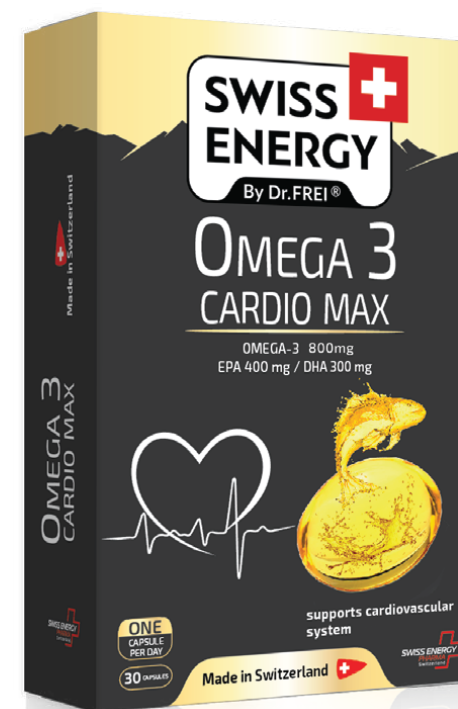
OMEGA-3 CARDIO MAX CONTAINS THE MAXIMUM DOSAGE OF OMEGA-3 FOR HEART HEALTH!

Each capsule of Omega-3 Cardio Max contains 800 mg of Omega-3 (400 mg - EPA, 300 mg - DHA).

Taking **one capsule per day** fully meets WHO recommendation and ensures the body with Omega-3 in the optimal ratio!

Health benefits of Omega-3 Cardio Max for the cardiovascular system:

- Improvement of blood vessels elasticity;
- reduction the risk of atherosclerosis, heart attack, stroke and other cardiovascular diseases;
- reduction of blood cholesterol level;
- reduction the risk of blood clots and slow the formation of atherosclerotic plaques



**ONE
CAPSULE
PER DAY**



**Made of wild-caught
deep see fish**

**Maximum
Omega-3 concentration**

One capsule contains:

Omega 3	800 mg
Eicosapentaenoic acid (EPA)	400 mg
Docosahexaenoic acid (DHA)	300 mg
Vitamin E	1.5 mg

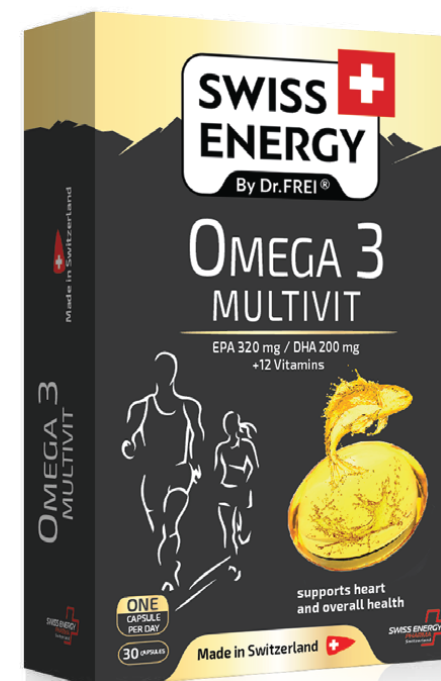
COMPLETE HEALTH CARE WITH OMEGA-3 MULTIVIT

Omega-3 Multivit contains a high concentration of Omega-3 fatty acids and 12 essential vitamins.

This complex is ideal for maintaining all vital function and body systems.

The effect of Omega-3 Multivit on the body:

- support of the cardiovascular system
- support for the brain and nervous system
- support for joint health
- support for eye health
- support for healthy skin, hair and nails



**ONE
CAPSULE
PER DAY**



**Made of wild-caught
deep sea fish**

**High concentration
of Omega 3**

One capsule contains:

			NRV*		
Omega-3	600 mg	N/A	Folic acid	100 mcg	50%
Eicosapentaenoic Acid (EPA)	320 mg	N/A	Vitamin B12	1,25 mcg	50%
Docosahexaenoic Acid (DHA)	200 mg	N/A	Biotin	25 mcg	50%
Vitamin C	40 mg	50%	Calcium D Pantothenate	3 mg	50%
Vitamin B1	0,55 mg	50%	Vitamin A	400 mcg	50%
Vitamin B2	0,7 mg	50%	Vitamin D3	2,5 mcg	50%
Nicotinamide	8 mg	50%	Vitamin E	6 mg	50%
Vitamin B6	0,7 mg	50%			

*NRV: Nutrient Reference Values - Daily Reference Intakes for vitamins and minerals.
N/A: Daily Value not established.



OMEGA

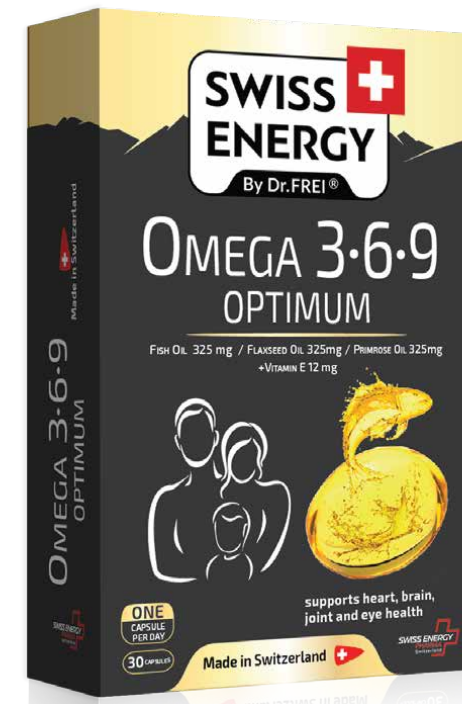
OMEGA-3•6•9 OPTIMUM IS THE BEST RATIO OF OMEGA FATTY ACIDS

Omega 3-6-9 Optimum is a complex nutrition supplement contains **fish oil, flax seed oil and primrose oil**, which provides the body with all essential Omega fatty acids. Fish oil contains Omega-3 fatty acids (EPA and DHA). Flax seed oil contains Omega-3 Alpha-Linolenic acid (ALA) and Omega-6 also. Primrose oil is a source of Omega-9.

Omega 3-6-9 fatty acids play a significant role in transporting cholesterol, maintaining the body's defense systems and ensuring hormonal balance. At the same time, they are a big part of the brain and nervous system.

In terms of maximum health benefits, recommended **a balanced intake of fatty acids.**

Omega 3-6-9 Optimum ensures the intake of all essential fatty acids in the proper ratio.



ONE
CAPSULE
PER DAY

One capsule contains:

Fish oil	325 mg
Flax seed oil	325 mg
Primrose oil	325 mg
Vitamin E	1.5 mg

SWISS OMEGA IS THE HIGHEST QUALITY AND EFFICIENCY

- + 100% natural products
- + Made of wild-caught deep sea fish
- + Wide range for different purposes
- + Highly concentrated Omega
- + 1 capsule per day
- + 1 package per course 30 days
- + Made in Switzerland





OMEGA

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