

## 9. Cardiovascular Support

### OmegaGenics EPA-DHA 720



Metagenics OmegaGenics EPA-DHA 720 provides 720 mg of omega-3 essential fatty acids from cold water fish per softgel—eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA)—to help deliver greater support in fewer softgels.

- Supplies high levels of EPA and DHA, which have been shown to support healthy function in body systems including cardiovascular, immune, gastrointestinal, and musculoskeletal. Omega-3 fatty acids such as EPA and DHA are vital for healthy nervous system function.
- Features a unique antioxidant blend of vitamin E, ascorbyl palmitate, and rosemary to stabilize the oil for maximum freshness.

#### Supplement Facts

Serving Size: 2 Softgels

Servings per Container: 60

	Amount Per Serving	% Daily Value
Calories	20	*
Calories from Fat	18	*
Total Fat	2 g	4%
Cholesterol	5 mg	2%
Natural Marine Lipid Concentrate	2.8 g	*

EPA (Eicosapentaenoic Acid)	860 mg	*
DHA (Docosahexaenoic Acid)	580 mg	*

\*Daily value not established.

*Other Ingredients: Natural marine lipid concentrate [fish (tuna, salmon, sardine, anchovy, and cod)], gelatin, glycerin, purified water, natural lemon flavor, natural tocopherols, rosemary, and ascorbyl palmitate.*

*Contains: fish (tuna, salmon, sardine, anchovy, and cod).*

Directions: Take two softgels up to three times daily with food or as directed by your healthcare practitioner.

### OmegaGenics EPA-DHA 2325



Metagenics OmegaGenics EPA-DHA 2325 was formerly known as High Concentrate EPA-DHA Liquid. Metagenics OmegaGenics EPA-DHA 2325 features a highly concentrated source of health-promoting omega-3 essential fatty acids from cold-water fish. Each Metagenics OmegaGenics EPA-DHA 2325 teaspoon provides 2325 mg of highly concentrated EPA and DHA. Metagenics OmegaGenics EPA-DHA 2325 is ideal for adults seeking higher levels of EPA and DHA. Metagenics OmegaGenics EPA-DHA 2325 supports healthy blood lipids, cardiovascular health, a positive mood, and overall health.

- Triglyceride form for easy absorption.
- Produced in a Norwegian pharmaceutical licensed facility.
- Tested for contaminants by a leading third-party lab.
- Stabilized with natural antioxidants to maintain freshness

## Supplement Facts

Serving Size: 1 Teaspoon  
Servings per Container: 30

	Amount Per Serving	% Daily Value
Calories	40	*
Calories from Fat	40	*
Total Fat	4 g	6%
Cholesterol	15 mg	5%
Omega-3 Fatty Acids (as triglycerides)	2800 mg	*
EPA (Eicosapentaenoic Acid)	1400 mg	*
DHA (Docosahexaenoic Acid)	925 mg	*
Other Omega-3 Fatty Acids	475 mg	*

\*Daily value not established.

*Other Ingredients: Concentrated omega-3 fish oil [fish (anchovy, herring, sardine)], natural lemon flavor, rosemary extract, ascorbyl palmitate, and natural tocopherols.*

*Contains: fish (anchovy, herring, sardine).*

Directions: Take one teaspoon one to three times daily or as directed by your healthcare practitioner.

**Storage:** Please refrigerate after opening and use within 90 days. This oil may become cloudy when refrigerated, which is normal and does not alter product efficiency

## Endura



Endura is a patented† rehydration formula mix with a unique blend of electrolyte minerals that are found in muscle cells.

### **Benefits Include**

- Provides carbohydrates in the form of glucose polymers and fructose, delivered in a special, balanced blend designed to help delay the onset of fatigue during strenuous activity.\*
- Delivers key electrolytes to help replace those excreted through sweat during exercise, activity, and/or hot weather conditions.\*
- Is designed to provide high concentrations of absorbable magnesium, a mineral essential for cellular energy metabolism and glucose homeostasis.\*

### **Supplement Facts**

Serving Size: One Heaping Scoop (35 g)

Servings per Container: 19

	Amount Per Serving	% Daily Value
Calories	120	
Total Carbohydrate	29 g	
Sugars	21 g	
Vitamin C	120 mg	200%
Vitamin E	28 IU	93%
Thiamin	2 mg	133%
Riboflavin	5 mg	294%
Niacin	10 mg	50%
Vitamin B6	5 mg	250%

Pantothenic Acid	28 mg	280%
Calcium	60 mg	6%
Phosphorous	69 mg	7%
Magnesium	174 mg	44%
Chromium	83 mcg	69%
Chloride	148 mg	4%
Sodium	96 mg	4%
Potassium	176 mg	5 %
Citric Acid	990 mg	*
Taurine	500 mg	*
Malic Acid	500 mg	*
L-Carnosine	20 mg	*

\*Daily value not established.

†Percent Daily Values are based on a 2,000 calorie diet.

*Other Ingredients: Crystalline Fructose, maltodextrin, magnesium bis-glycinate†, dipotassium phosphate, calcium citrate, sodium chloride, natural lemon-lime flavor, ascorbic acid, d-alpha tocopheryl acetate, D-calcium pantothenate, niacinamide, pyridoxine HCl, chromium nicotinate glycinate†, thiamin mononitrate*

Directions: As a dietary supplement to help maintain adequate hydration, thoroughly mix one heaping scoop (35 grams) with 16 fluid ounces of water. For athletes, drink Endura 15 to 20 minutes prior to a race or training, and every 15 to 20 minutes throughout the event.