

Calamari Omega-3 Liquid

A Tasty, Convenient, and Sustainable Way to Increase Intake of Omega-3 Essential Fatty Acids for Both General Well-Being and Targeted System Support

Omega-3 fatty acids are needed for good health. These essential nutrients are vital for cell interactions and affect a host of biochemical functions that support our well-being. Unfortunately, nationwide diet surveys suggest we aren't eating enough foods that contain omega-3s.

To address this need, Calamari Omega-3 Liquid is perfect for patients who want a safe, sustainable omega-3 supplement that can be taken alone or added to shakes, salad dressings, or other foods.

This oil comes from squid, a species commonly found in diets with a strong seafood element. Spain and Italy are two of the highest consumers of squid, along with Japan. These populations consume much higher amounts of foods containing omega-3s than are found in the typical American diet and are considered to be heart-healthy populations.

Calamari Omega-3 Liquid is a perfect way to supplement the diet. This oil is highly stable, contains the natural triglyceride profile found in squid, is naturally high in DHA, and is safe for daily consumption. Steps are taken to address potential contamination, but the natural structure and concentration of the oil are not altered.[†]

What Calamari Omega-3 Liquid Contains

- › Sustainably processed oil from calamari. The squid used for this oil are sourced from existing fisheries, and their processing is certified sustainable by the independent nonprofit group Friend of the Sea®
- › An understated, clean-tasting, natural citrus flavor
- › A naturally high level of DHA and 1.2 g of total EPA/DHA per serving

How Calamari Omega-3 Liquid Keeps You Healthy

Omega-3 fatty acids are strongly associated with good health in cultures across the world. These polyunsaturated fatty acids cannot be made by the body and must be obtained through diet.

Cold-water marine animals have naturally high concentrations of omega-3s, and the human body uses them to assemble cell membranes, support blood flow, and make chemical messengers called cytokines.

The two most studied omega-3 fatty acids are EPA and DHA. They're found throughout the body's tissues. DHA, in particular, is a major structural component of the developing retinal membranes, the nerves, and the brain.

Please copy for your patients.

GF This product contains less than 10 parts per million of gluten per serving size or less than 20 parts per million per the suggested use listed on each product label.

[†]These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Introduced in 2010



Content:

200 mL

Suggested Use: 1 teaspoon (5 mL) per day, or as directed. May be taken with meals.

Supplement Facts:

Serving Size: 1 teaspoon (5 mL)

Servings per Container: 40

	Amount per Serving	%DV
Calories	36	
Calories from Fat	32	
Total Fat	3.5 g	5%*
Saturated Fat	0.7 g	4%*
Polyunsaturated Fat	1.5 g	
Monounsaturated Fat	0.8 g	
Cholesterol	5 mg	<2%*
Total Carbohydrate	1 g	<2%*
DHA	800 mg	
EPA	400 mg	

*Percent Daily Values (DV) are based on a 2,000-calorie diet.

Ingredients: Calamari oil (squid), natural flavor, and mixed tocopherols (soy).

Special Information: Refrigerate after opening.

Supportive but not conclusive research has shown that EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.

Sold through health care professionals.

Whole Food Philosophy

Our founder, Dr. Royal Lee, challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.



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Calamari Omega-3 Liquid

How Calamari Omega-3 Liquid Keeps You Healthy (continued)

Calamari Omega-3 Liquid supports interrelated pathways that promote overall health, for example:

- ▶ Triglyceride management
- ▶ Cardiovascular health
- ▶ Circulatory health
- ▶ Healthy normal blood coagulation
- ▶ Immune system support
- ▶ The body's natural inflammatory response
- ▶ Cognition
- ▶ Emotional balance
- ▶ Antioxidant availability
- ▶ Support of mother and baby during pregnancy and lactation
- ▶ Skin, nail, and hair health†

What Makes Calamari Omega-3 Liquid Unique

Product Attributes

- ▶ Product of Norway
- ▶ Natural concentration of omega-3 fatty acids, including DHA and EPA
- ▶ Oil from calamari is naturally high in DHA
- ▶ Perfect for people who cannot or prefer not to swallow pills, especially children and the elderly
- ▶ Third-party tested for contaminants (heavy metals and toxic agents)
- ▶ Oil is certified sustainable by the independent nonprofit group Friend of the Sea
- ▶ Calamari Omega-3 Liquid has a clean, understated citrus taste profile

Manufacturing and Quality-Control Processes

Degreed microbiologists and chemists in our on-site laboratories continually conduct bacterial and analytical tests on raw materials, product batches, and finished products

- ▶ Ensures consistent quality and safety
- ▶ Additional testing by a third party to ensure compliant levels of contaminants (including but not limited to assays for anisidine, lead, cadmium, arsenic, mercury, polychlorinated biphenyls (PCBs), and dioxins)

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the [supplement facts for Calamari Omega-3 Liquid](#).

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