

# OMEGA 3 FISH OIL

Nova's Omega 3 Fish Oil is a uniquely balanced, mercury-free blend of the **essential** fatty acids that are not produced by our bodies but are needed every day. Research shows that diets high in Omega 3 fish oils are associated with the overall health of cardiovascular, nervous, brain, circulatory, immune and endocrine (hormone) systems. Omega 3s support healthy skin, hair, joint flexibility, fat metabolism and the healthy function of our trillions of cell membranes that are made up of the oils & fats we eat, try them and see the difference!

***Use skin cream for dry skin, conditioner for dry hair, OMEGA 3s for dry innards!***

Recent statistics indicate that nearly 99% of people in the US do not eat enough Omega 3 fatty acids, ***the most important nutrients to our diets!*** Omega 3 fatty acids may play a role in the prevention and/or treatment of the following health conditions:

Allergies	Alzheimer's disease	Asthma
ADHD	Bipolar disorder	Cancer
Circulation	Cardiovascular disease	Cholesterol
Depression	Diabetes	Eczema
Heart	High blood pressure	Lupus
Huntington's disease	Migraines	Memory
Multiple sclerosis	Osteoarthritis	Obesity
Osteoporosis	Skin Disorders	Psoriasis
Rheumatoid arthritis/arthritis		

Omega 3 fatty acids are polyunsaturated, meaning liquid at room temperature and remain liquid when refrigerated or frozen, unlike saturated fats, like butter, which solidify when refrigerated or frozen.

Cell membranes are made up of fat, so their integrity and fluidity is determined in large part by the type of fats we consume. Researchers believe that diets containing large amounts of saturated fats, such as butter, oils and animal fats, produce cell membranes that are hard and lack fluidity. Whereas, diets rich in Omega 3 Fish Oil produce cell membranes with a high degree of fluidity, very healthy! The ratio of fatty acids, EPA and DHA dictate how a cell responds and grows and Nova's Omega 3 Fish Oil contains the best ratio.

***Testimony: After my laser eye surgery I needed eye drops to keep my eyes from drying, since I've taken Omega 3 Fish Oil, I no longer need the eye drops!***

Consuming Omega 3 fatty acids is difficult without also consuming high levels of dangerous contaminants from fish or we destroy the quality by the cooking process. However, now you can confidently enjoy all the benefits with Nova's Omega 3 Fish Oil as 2 softgel caps provide a similar amount of omega-3 fatty acids as an average serving of salmon. For optimum results, try one in the morning and one at night.

**This product is most effective when taken with the Starpacks.**

\*A high dietary intake of omega 3 fats, especially from fish, may decrease blood pressure and thin the blood. People taking prescription blood pressure medications and/or anticoagulants should consult with their physician before taking fish oil supplements.

This document has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.