

### Health Basics

- A significant and balanced source of omega-3, omega-6, and omega-9 fatty acids
- Suitable for vegetarians and vegans
- Perfect to pour into sauces, soups, salads, and shakes

### Did You Know?

- Omega-3 and omega-6 fatty acids are every bit as essential to your health as vitamins, minerals, and antioxidants.\*

Only in the past few years have researchers begun to understand the fundamental role that a certain class of fats, known as essential fatty acids (EFAs), plays in health and wellness. EFAs are called “essential” because the body needs them, yet cannot make them on its own. Therefore, EFAs must come from the diet.

**OptOmega® organic oil blend is an all-natural, vegetarian product produced from certified organic, unrefined cold-pressed flax seed, sunflower seed, pumpkin seed, and extra-virgin olive oils. It is an excellent way to return EFAs to your diet and balance your intake of omega-3 and omega-6 fatty acids. When combined with a healthy diet, exercise, and reduced-stress living, it provides an excellent strategy for optimal health.**

### A Balanced Blend

There are only two EFAs—alpha linolenic acid (an omega-3 fatty acid) and linoleic acid (an omega-6 fatty acid). Alpha-linolenic acid and linoleic acid are essential precursors in the biosynthesis of eicosanoids, which have a wide variety of actions in a variety of cells, each giving rise to a different class of these important compounds. The balance of omega-3 to omega-6 EFAs is critical to maintaining optimal eicosanoids biosynthesis.<sup>1-3\*</sup> An imbalance of these EFAs could have negative effects on health, but a proper balance, in turn, can help support health. With an omega-3 to omega-6 ratio of 3-to-1, **OptOmega** is designed to re-establish the optimal balance of the essential fatty acids.<sup>4</sup> Each two-teaspoon serving contains the following:

<b>Omega-3</b> (α-linolenic acid)	<b>4.3 g</b>
<b>Omega-6</b> (linoleic acid)	<b>1.4 g</b>
<b>Omega-9</b> (oleic acid)	<b>2.7 g</b>



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### Major Factors for Heart Health

EFAs are especially important to cardiovascular health. They may help you retain normal blood pressure and healthy levels of triglycerides and serum cholesterol, provided they are healthy to begin with.<sup>5,6</sup> EFAs are incorporated into the membrane of every cell. They also help to maintain the membrane in a soft, fluid, flexible state. These flexible membranes incorporate cholesterol to regain structural rigidity, a process that also helps to retain healthy serum cholesterol levels, provided they are healthy to begin with.<sup>2-4,7-9\*</sup>

### Antioxidant Support

To preserve freshness and aid in the defense against oxidation, **OptOmega** is stabilized with a potent blend of antioxidants, rosemary extract, turmeric extract, and phenols from extra-virgin olive oil.\*

### Why OptOmega®?

Because the refining process used for commercial oils removes nearly all omega-3 fatty acids, our modern diet may not provide adequate amounts of these important fats or the entire class of compounds made from them. To preserve the omega-3 fatty acids, **OptOmega** is processed in an inert nitrogen atmosphere, with UV radiation and oxygen excluded. The oils are expeller-pressed and unrefined, and they contain no trans-fatty acids. All blending, mixing, and bottling of the product is done under nitrogen. All of the oils used in **OptOmega** are Certified Organic by the Washington State Department of Agriculture.

### References

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**DIRECTIONS:** TAKE TWO (2) TEASPOONS DAILY WITH A MEAL. DO NOT HEAT. DO NOT SHAKE.

## Supplement Facts

Serving Size 2 Teaspoons (9.3g)  
Servings per container about 24

AMOUNT PER SERVING	
<b>CALORIES</b>	80
CALORIES FROM FAT	80
	<b>% DAILY VALUE*</b>
<b>TOTAL FAT</b> 9g	14%
SATURATED FAT 1g	5%
TRANS FAT 0 g	
POLYUNSATURATED FAT 6.0g	
MONOUNSATURATED FAT 2.5g	
<b>CHOLESTEROL</b> 0g	0%
<b>SODIUM</b> 0g	0%
<b>TOTAL CARBOHYDRATES</b> 0g	0%
<b>PROTEIN</b> 0g	
Boron (as boron citrate)	3 mg†
VITAMIN E	10%

Not a significant source of vitamins A, C, calcium, or iron.

\* % Daily Values are based on a 2,000 calorie diet

† Percent Daily Value not established.

**INGREDIENTS:** Certified Organic Oil Blend (Flax Seed, Sunflower Seed, Pumpkin Seed, and Extra-Virgin Olive Oils), Mixed Tocopherols, Tocotrienols, Rosemary Extract, Turmeric Extract.

**LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.**

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.