

# Triple Omega 3-6-9

Item #10154 60 Softgels  
Item #10153 120 Softgels



## UNIQUE PRODUCT BENEFITS

Contains in one softgel essential Omega-3 & Omega-6 fatty acids that support both cardiovascular & immune support.\*

## PRODUCT IS A MIXTURE OF

Flaxseed Oil,  $\alpha$ -Linolenic Acid (ALA), Borage Seed Oil, Gamma-Linolenic Acid (GLA), Fish Oil, Eicosapentaenoic Acid (EPA), Docosahexaenoic Acid (DHA).

## PRODUCT DISCUSSION

PhysioLogics' Triple Omega 3-6-9 softgels contain a harmonious blend of oils made up of essential and nonessential long-chain polyunsaturated fatty acids. Each dose delivers a combination of Flaxseed Oil, Borage Seed Oil, and Fish Oil to provide all the benefits of Omega-3 and Omega-6 fatty acids in one convenient softgel.

## INDICATIONS

Essential fatty acids are not synthesized by the body and consequently must be supplied by diet. PhysiLogics' Triple Omega 3-6-9 is a dietary supplement for individuals who want to receive a daily supply of essential and non-essential Omega-3 and Omega-6 fatty acids to support cardiovascular, nervous, immune, and musculoskeletal systems, as well as overall health.\*

## NUTRIENT DEPLETION/DRUG INTERACTION\*\*

If you are pregnant, nursing, or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

## NUTRITIONAL BENEFITS

- Provide essential components of cell membranes for healthy cell growth\*
- Support circulation for heart health\*
- Promote cerebral and central nervous system health and maintenance\*
- Support the immune system\*

## WHY IT WORKS

The parent essential fatty acid (EFA) molecules are the Omega-6 Linoleic Acid and the Omega-3  $\alpha$ -Linolenic Acid (ALA). Both parent EFAs can be desaturated and elongated in the body to form longer-chain polyunsaturated fatty acids required by the body. EFAs are an integral part of the structure of the membranes of every cell in the body and are precursors to a wide range of biologically important molecules such as eicosanoids, prostaglandins, and leukotrienes, which are required in the regulation of virtually every process in the body.\*

Flaxseed Oil contains one of the most concentrated source of the parent Omega-3 ALA in nature. Studies have shown that Flaxseed Oil-based diets support immune system health. Other recent evidence suggests Flaxseed Oil supplementation supports healthy cell growth by promoting healthy expression of certain hormones and receptors.\*

Fish Oil contains ample amounts of the Omega-3 fatty acids EPA and DHA, the forms readily used by the body. EPA helps support circulation and promotes heart health. DHA is the most prevalent fatty acid of rod photoreceptor disc membranes and synaptic terminals, and is necessary for proper excitable membrane functions and fluidity. The scientific evidence about whether Omega-3 fatty acids may reduce the risk of coronary heart disease (CHD) is suggestive, but not conclusive. Studies in the general population have looked at diets containing fish and it is not known whether diets or Omega-3 fatty acids in fish may have a possible effect on a reduced risk of CHD. It is not known what effect Omega-3 fatty acids may or may not have on risk of CHD in the general population.\*

Borage Seed Oil provides a rich source of GLA. As an Omega-6 fatty acid, GLA has immune system supportive properties, including modulation of T lymphocyte proliferation and IL-2 production, as well as support of polymorphonuclear leukocyte and monocyte activation. GLA is also important in cardiovascular health by promoting the flexibility of blood corpuscles and supporting the regeneration of capillaries.\*

## CLINICAL EVIDENCE

- The Physician's Health Study followed apparently healthy men for up to 17 years. Analysis of the blood indicated that higher levels of Omega-3 fatty acids were found in those with a healthier cardiovascular system and supported quality of life.
- Researchers at the Harvard School of Public Health followed over 5,100 women for up to 16 years and found that diets with a higher content of Omega-3 fatty acids were associated with heart health maintenance and quality of life.
- A study assessing the cognitive abilities of over 200 men and women aged 63-74 over a four year period showed that a higher level of Omega-3 fatty acids in erythrocyte membranes were associated with maintenance of cognitive function in the elderly.



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

\*\*Note: Triple Omega 3-6-9 is not intended to serve as a replacement for any medications, nor should you discontinue taking any prescribed medications while supplementing with Triple Omega 3-6-9.

## Supplement Facts

Serving Size 1 Softgel

Amount Per Serving		%Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%**
Fish Oil	433 mg	***
Flax Oil ( <i>Linum usitatissimum</i> ) (seed)	433 mg	***
Borage Oil ( <i>Borago officinalis</i> ) (seed)	433 mg	***
Omega-3 (Alpha-Linolenic Acid)	195 mg	***
EPA (Eicosapentaenoic Acid)	147 mg	***
DHA (Docosahexaenoic Acid)	104 mg	***
Omega-6 (Linoleic Acid)	200 mg	***
Gamma Linolenic Acid	95 mg	***
Omega-9 (Oleic Acid)	112 mg	***
Stearic, Palmitic Acids	74 mg	***

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

\*\*\*Daily Value not established.

Other Ingredients: Gelatin, Glycerin.

## SUMMARY

The parent Omega-3 and Omega-6 polyunsaturated fatty acids are essential nutrients not produced by the human body and consequently must be supplied by diet. Supplementing your clients' nutritional regimen with PhysiLogics' Triple Omega 3-6-9 will provide them with the essential and non-essential fatty acids to help support their cardiovascular, nervous, immune, and musculoskeletal systems, as well as overall health.

## SUGGESTED DOSAGE

For adults, take one (1) softgel two to three times daily, preferably with meals, or follow the advice of your health care professional. As a reminder, discuss the supplements and medications you take with your health care providers.

## COMPLEMENTARY SUPPLEMENTATION

Vitamin C & E.....#55259  
Garlic HP.....#6048  
Magnesium Chelate.....#55029

## References

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