

# Taking the right omega-3 supplement?

## If not, you may be shipwrecking your health.

If you're not getting enough omega-3 fatty acids from the right source, you may be putting your health at risk. Studies show that populations consuming high levels of omega-3 in seafood-rich diets are the least prone to the health concerns associated with the Western diet.

Omega-3 fatty acids are the number-one selling supplement for brain and heart health in the United States. People just like you have discovered the critical link between omega-3s and a better quality of life. Everyone, but especially those concerned with cardiovascular and cognitive health, needs daily supplements of omega-3.\*

Doctors, scientists and nutritionists agree that omega-3 consumption is an absolute must. Adding omega-3 fatty acids to your diet is a sure-fire way to improve your overall health, especially your heart and brain health.\*

## What is omega-3?

Omega-3 fatty acids are an unsaturated fatty acid that your body needs to maintain good health. Omega-3 fatty acids come in several varieties, but the two believed to be **most important are EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid).**

When it comes to these two fatty acids, getting enough is critical.

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## Diet isn't always the answer

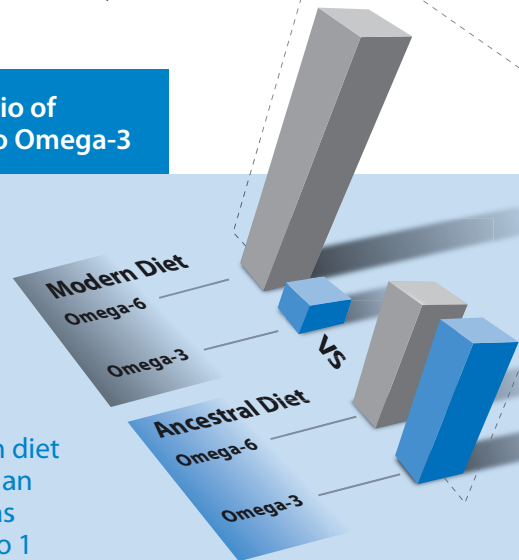
For centuries, people got enough omega-3s through their diets. But with commercial farming and a lack of natural grazing, produce and livestock now provide little or no omega-3. Additionally, grains, soybean and other seed oils dominate our food supply, resulting in too much omega-6 in our bodies.

Omega-6s are important, but they compete with omega-3s for space in our cells. Instead of a balance between the two, which is optimal for your health, our modern diet has created a ratio that ranges as high as 30:1 omega-6 to omega-3. This imbalance has given rise to many of the common health concerns associated with the Western diet. By contrast, our ancestors maintained a 1:1 ratio—which may be better for lowering risk of heart disease.†

†Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease. One serving of Essential Source™ Omega-3 provides 1110mg EPA and DHA omega-3 fatty acids. See nutrition information for total fat, saturated fat and cholesterol content.

## Dietary Ratio of Omega-6 to Omega-3

Our modern diet has created an imbalance as high as 30 to 1 of omega-6 to omega-3



Health

Essential Source™

\*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.

**Mannatech.**  
Enriching Quality of Life™

## How to get your omega-3s

Your body doesn't produce omega-3, so you have to get it elsewhere. In your diet? Don't count on it.

Some fish species are rich in omega-3, but unfortunately contaminants and pollutants make getting your omega-3 from any ole fish dicey. Farm-raised fish are often grain fed and have more omega-6 than omega-3. You can get some omega-3 from flaxseed, but your body has to convert this ALA form of omega-3 to the more beneficial EPA/DHA. Unfortunately, our bodies aren't very good at making this conversion, so it's nearly impossible to obtain adequate EPA/DHA from flaxseed.

Fish oil supplements may be the best source. In fact, they provide the most EPA and DHA for your money.

## Why Mannatech's omega-3 is better

- **Packed with ultra-purity** — What's the best fish oil supplement for you? One that's among the purest. Our Essential Source™ Omega-3 is made from one of the highest-quality fish oils available.
- **A proprietary, two-step molecular distillation process** means that contaminants are eliminated to achieve a pharmaceutical-grade standard of purity that is among the highest in the industry.
- **Brimming with EPA and DHA** — Our Essential Source Omega-3 provides **more EPA and DHA** than many other supplements and does so affordably. It's easy on the pocketbook and high in quality.
- **Pleasant, non-fishy taste** — Its purity makes Essential Source Omega-3 one of the easiest omega-3 supplements to take. It has virtually **no fishy aftertaste** and a pleasing lemon flavor, which also helps prevent "fishy reflux" or "fish burps."
- **Efficiently sourced** — Our fish oil is earth-friendly and is made from the highest quality and sustainable sources with complete traceability throughout the manufacturing process. Good for fish, great for the planet.

**For more information, contact me today!**

# Your body doesn't produce omega-3, so you have to get it elsewhere.



## Begin living better NOW

To order or find out more about Essential Source Omega-3, or our other products, just ask the Associate who gave you this information. Be sure to ask your Associate about an opportunity to live life on your terms and enjoy more freedom through Mannatech.

## Save on omega-3

To get 10% off Essential Source Omega-3 and other products, ask your Associate about Auto Order.

## Mannatech's Essential Source Omega-3 is:

- Naturally sourced
- Cutting-edge technology
- Gluten free
- Manufactured in conformance with federally established GMPs (Good Manufacturing Practices)
- 100% Satisfaction Guarantee†

## Don't take chances with your heart health; get Essential Source Omega-3 today!

†If not completely satisfied, contact Customer Care and return the product within 180 days for a full refund. See section 5.13 of the Associate Policies and Procedures or Mannatech.com for full details.

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