

## OmegaAdvance: Powerful Support for Visual Health

OmegaAdvance is a scientifically advanced omega-3 fish oil supplement with lutein and zeaxanthin. It contains 1,000 mg of USP®-verified fish oil in the rapidly absorbed triglyceride (TG) form.

**Suggested Use:** Take a total of one to two softgels daily, with meals.

**Note:** Pregnant or lactating women or individuals with medical conditions or taking prescription medications should consult a physician before using. Keep out of the reach of children.

### Supplement Facts

Serving Size 2 softgels Servings Per Container 30

	Amount Per Serving	% Daily Value*
Calories	19	
Calories from Fat	19	
Total Fat	2 g	3%
Vitamin E (d-alpha tocopherol)	2 IU	7%
Omega-3 Fatty Acids (650 mg EPA, 350 mg DHA from USP®-verified TG fish oil)	1,000 mg	†
FloraGLO® Lutein	1.5 mg	†
Zeaxanthin	1 mg	†

\*Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

**Other Ingredients:** Gelatin, Glycerin, Water, Lemon Oil and Caramel Color.

FloraGLO® is a registered trademark of Kemin Industries, Inc.



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.

## About OmegaAdvance

- ▶ Supports visual and whole body health.
- ▶ Now provides 1,000 mg of omega fatty acids (EPA and DHA).
- ▶ Utilizes the first and only pharmaceutical grade fish oil to achieve U.S. Pharmacopeia (USP®) verification – the most rigorous quality assurance verification in the world.
- ▶ Triglyceride (TG) form of omega-3s helps ensure rapid absorption.
- ▶ Delivers lutein and zeaxanthin.
- ▶ Flexible dose – take 1 or 2 softgels daily to obtain desired amount of omega-3s.
- ▶ Formulated by doctors and nutritional scientists, based on the latest research.
- ▶ Manufactured in NSF®-certified facilities from finest quality bioavailable ingredients.
- ▶ 30 day money-back guarantee.

OmegaAdvance is available from eyecare practitioners or directly from ScienceBased Health.



1.888.433.4726

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# Powerful Omega-3

## Support for Vision & Whole Body Health

### OmegaAdvance® SoftGels



*Ultra-pure premium quality fish oil supplement with lutein and zeaxanthin*

*Provides 1,000 mg omega-3s in the rapidly absorbed TG form*



## Omega-3 Fatty Acids



EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) are important fatty acids concentrated in fish such as salmon, sardines and tuna. They belong to a family of essential nutrients known as omega-3 fatty acids.

The typical American diet is higher in fatty acids from the omega-6 family compared to the omega-3s. Experts agree that achieving a better balance of these fatty acid families is a healthful goal.

EPA and DHA have been linked to health benefits throughout life: from proper fetal development to healthy aging<sup>1</sup>. Researchers have long been interested in the omega-3s for their anti-inflammatory properties, as inflammation is believed to underlie many chronic diseases<sup>2</sup>.

### Omega-3s: Important Part of a Healthy Diet

DHA is highly concentrated in the eye's retina, particularly within photoreceptors (rods and cones). Omega-3s help fight oxidative stress and regulate inflammation in the retina, helping protect nerve cells and vessels. Notably, DHA deficiencies have been implicated in macular health decline<sup>3</sup>.

Whether consuming more omega-3s can help maintain visual wellness is the subject of ongoing investigation. Although fish oil supplements were not found to provide extra protection for those with intermediate to advanced AMD in the Age-related Eye Disease Study 2 (AREDS2)<sup>6</sup>, a meta-analysis (review of studies) reports that at least bi-weekly fish intake is associated with lower risk of developing early stage age-related macular degeneration (AMD)<sup>4</sup>. Regular omega-3 intake

over a 10-year period also reduced the risk of developing AMD in a recent, large-scale study<sup>5</sup>.

EPA and DHA are also highly concentrated in brain tissue where they are needed for continuous maintenance of brain cells. Brain levels of DHA may decrease with age<sup>7</sup> and low levels are linked with poorer cognitive function<sup>8</sup> – the ability to process, store, retrieve and use information. Promising preliminary clinical evidence suggests increased omega-3 intake improves mood and/or learning and memory in older people with mild cognitive impairment<sup>9-10</sup>. Consuming omega-3s may also improve memory in young adults with low omega-3 intake<sup>11</sup>. Further research is needed to confirm the potential benefits of omega-3s for cognitive health.

A wealth of observational and clinical research evidence suggests omega-3s support cardiovascular health – positively influencing triglyceride levels, resting heart rate, blood pressure, and blood vessel function in studies.

While there have been inconsistent findings from studies looking at the cardiovascular benefits of fish oil<sup>12-13</sup>, results of the Cardiovascular Health Study<sup>14</sup> are noteworthy. The 14-year study found that in older adults with no history of cardiovascular disease (CVD), omega-3 levels from fish (equivalent to 2 servings weekly of fatty fish) were linked with lower overall risk of death, and lower rate of death from CVD, particularly abnormal heart rhythms (cardiac arrhythmias). This underscores the American Heart Association's advice to eat at least 2 servings of fish per week.

### Supplements Can Help Close Dietary Gaps

It's estimated that Americans would need to triple their EPA and DHA consumption to meet the 2010

Dietary Guidelines recommendation of 250 mg EPA and DHA daily<sup>15</sup>. Supplements can help close that gap for those who eat fish infrequently. For higher levels not easily obtained through diet alone, supplements offer a practical alternative.

### How is OmegaAdvance® Unique?

OmegaAdvance delivers 1,000 mg of EPA and DHA and utilizes the more rapidly absorbed triglyceride (TG) form. This fish oil is sourced from small-bodied fish from pristine, deep waters with significantly less environmental impurities. This fish oil, which undergoes further purification to help eliminate mercury and other marine contaminants, has achieved verification by the US Pharmacopoeia (USP®), the most rigorous quality assurance verification in the world.

The levels of lutein and zeaxanthin in OmegaAdvance nearly doubles the typical dietary intake. Plentiful in green leafy vegetables, these nutrients work to protect the eye's retina from damaging blue light. Absorption of lutein and zeaxanthin is also enhanced by the fatty acids in OmegaAdvance.

OmegaAdvance is a perfect add-on to other ScienceBased Health formulations.

*References available at: [ScienceBasedHealth.com/OAref](http://ScienceBasedHealth.com/OAref)*

### Ordering OmegaAdvance

OmegaAdvance and other ScienceBased Health products are available for purchase through eye care practitioners, by calling Customer Care at:

**1.888.433.4726** or online: [SBH.com](http://SBH.com).

