
OMEGAGUARD® BENEFITS

By now, most people have heard the news, which continues to be broadly discussed in scientific and popular media news channels.

Research shows that high levels of omega-3 fatty acids promote cardiovascular health, help retain normal blood pressure and triglyceride levels, and may reduce the risk of heart disease.* To reduce the risk of heart disease, the Heart and Stroke Foundation of Canada recommends eating at least two servings of fish rich in omega-3 fatty acids, including EPA and DHA, per week, or about 0.3 to 0.5 grams of EPA and DHA per day. But most North Americans eat fish only three times a month – or less. And there are growing concerns about unsafe levels of mercury in some of our most common fish choices.

The smart solution is to supplement your diet with a high-quality source of omega-3 fatty acids. But how do you know that your choice of supplement is as pure, concentrated, and potent as it can be?

That's where the Shaklee Difference™ in **OmegaGuard** comes in. **OmegaGuard** sets a new standard for purity and full-spectrum potency in omega-3 supplementation:

- Uses ultra-pure, pharmaceutical-grade fish oil
- Offers a full spectrum of seven naturally occurring omega-3 fatty acids including EPA, DHA, ALA, and more, with higher levels of EPA and DHA than leading brands
- The multi-step purification and molecular distillation processes concentrate beneficial omega-3s while helping remove contaminants such as lead, arsenic, mercury, cadmium, dioxins, and PCBs; suppressing formation of dangerous trans fats; and reducing the risk of oxidative damage for a healthier fish oil
- Minimizes odour and fishy aftertaste
- Uses no artificial colours, flavours, or preservatives

It's a great feeling to know that you're choosing the best supplement available to make a difference in your own health and the health of people you care about. That's what the Shaklee Difference in **OmegaGuard** is all about.

*Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of heart disease. One serving of OmegaGuard provides 905 milligrams of EPA and DHA omega-3 fatty acids.