



FAST FACTS ABOUT OMEGA III SALMON OIL

What is the reason Eskimos and other fish-eating populations have few deaths due to heart attack? How might fish oil quell arthritis, menstrual pain, or other types of inflammation? Why is fish called “brain food”? The answer to all of these questions may be omega-3 fatty acids, “good fats” in fatty fish such as salmon that may support optimal function of organs and tissues including the heart, blood vessels, brain, nerves, eyes, skin, and joints. They may inhibit inflammation as well. While researchers recommend two to three servings of fatty fish each week, most of us consume only one serving per week. Fatty fish are nature’s richest sources of the beneficial long-chain omega-3 fatty acids EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). GNLD’s pure and potent Omega III Salmon Oil can boost the omega-3 content of the diet and support a healthful balance of fatty acids. Three capsules provide the omega-3 value of an optimal serving of fresh salmon.

WHY FISH OIL RICH IN OMEGA-3 FATTY ACIDS?

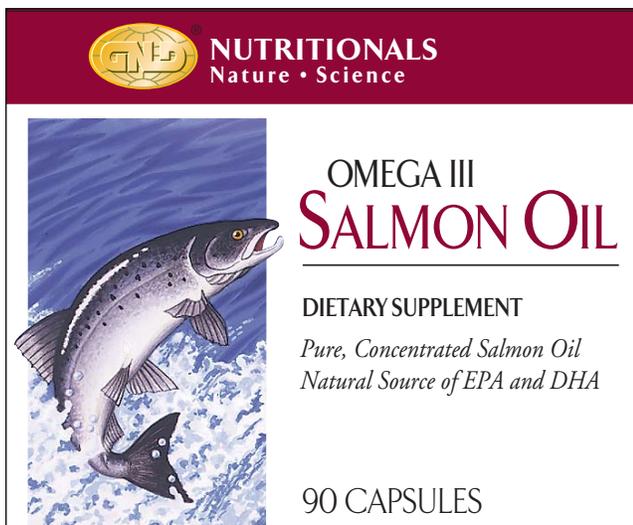
- Fatty fish is the richest source of healthful omega-3 fatty acids, but most of us do not eat the 2 to 3 servings per week that experts recommend for optimal health.
- Omega-3 fatty acids support optimal function of body tissues and organs, notably the heart, blood vessels, brain, nerves, eyes, skin, and joints.
- Omega-3 fatty acids may prevent overproduction of substances that cause inflammation and contribute to arthritis, menstrual pain, psoriasis, inflamed bowel, and other conditions.
- Omega-3 fatty acids, crucial to the development of infant brain and eyes, are naturally present in mother’s milk. Infants whose mothers consume foods rich in omega-3 fatty acids have higher omega-3 fatty acid levels compared to those whose mothers do not consume omega-3-rich foods.
- People who do not like fish can get the omega-3 fatty acids they need for optimal health from supplements.

WHY GNLD OMEGA III SALMON OIL?

- **Contains pure salmon oil.** Does not contain undesirable oils from shellfish, shark, other scavengers, bottom feeders, or sea mammals.
- **Derived from healthy, fresh salmon from pristine waters.** Salmon are fished from deep North Atlantic waters, health-screened to certify that they are free of disease and selected for human consumption.
- **Only “body oils” used.** Selecting oils from only the edible portion of the salmon reduces exposure to substances which may collect in organs (herbicides, pesticides, heavy metals, and vitamins A and D).
- **Potency guaranteed** two years after manufacture. Three capsules provide concentrated omega-3 fatty acids — a minimum of 540 mg EPA (eicosapentaenoic acid) and 360 mg DHA (docosahexaenoic acid).
- **Balanced ratios of EPA and DHA** as found in nature.
- **The omega-3 fatty acid value of one 3-ounce serving of salmon** in three capsules.
- **Virtually no vitamin A or D.**
- **Only 10 calories per capsule.**
- **Easy-to-swallow soft gelatin capsules.**

Usage tip: If you find that Salmon Oil “repeats,” try storing capsules in the freezer.

**NOTE: If you are undergoing medical treatment for cardiovascular disease, consult with your physician before taking Omega III Salmon Oil. Medical consultation is particularly important if you are taking drugs to thin your blood.*





Supplement Facts

Serving Size 3 Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value	
Calories	30	
Calories from Fat	30	
Total Fat	3 g	5%*
Saturated Fat	0	0%*
Eicosapentaenoic Acid (from Salmon Oil)	540 mg	†
Docosahexaenoic Acid (from Salmon Oil)	360 mg	†

* Percentage Daily Values are based on 2,000 calorie diet
† Daily Values not established

Other ingredients: Gelatin, glycerin, and water, d-alpha tocopherol and soybean oil.



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Lot #
Best If
Used By

SUGGESTED USE: 3 capsules daily with meals.

Omega III fatty acids, EPA & DHA, have been shown to support healthy cardiovascular function.* Omega III fatty acids, in particular DHA, are important for visual and neuronal development.*

***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.**

Derived by cold press processing, solely from health screened, fresh salmon. Harvested in strict accord with environmental guidelines. GNLD begins with fish selected exclusively for human consumption, and adds no artificial flavors, colors or preservatives.

Store in a cool, dry place, away from direct sunlight. Packaged with safety seal.

NOT SOLD IN RETAIL STORES

Available Exclusively From GNLD Distributors

Distributed by: **Golden Neo-Life Diamite International**
Fremont, CA 94538 U.S.A.



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