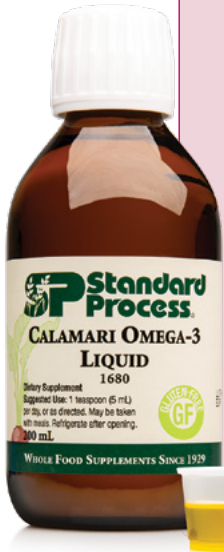


# Calamari Omega-3 Liquid

GLUTEN FREE

FOUNDATIONAL SUPPORT



## Features of Calamari Omega-3 Liquid:

- Helps to bridge the gap in dietary omega-3 intake\*
- Supports general health
- Supports healthy inflammatory processes
- Supports immune system response
- Supports normal blood pressure already within a normal range
- Supports healthy normal blood coagulation
- Supports cognition
- Promotes emotional balance
- Supports skin, nail, and hair health\*

## Foundational Support

Calamari Omega-3 Liquid is part of the Standard Process line of omega-3 oils that supports general health and overall well-being. Calamari Omega-3 Liquid is naturally nutritious and careful processing ensures that it maintains its natural profile of omega-3 fatty acids. With a clean, understated citrus taste, it's perfect for those who cannot or prefer not to swallow pills, especially children and the elderly.

## Heart Health

Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease. With naturally nutritious DHA and EPA, Calamari Omega-3 Liquid supports and assists cardiovascular health and assists in triglyceride management for triglyceride levels already within a normal range.\*<sup>^</sup>

## Sustainable and Pure

Calamari Omega-3 Liquid is third-party tested for contaminants and certified sustainable by the independent non-profit group, Friend of the Sea®.

## Supplement Facts

Serving Size: 1 teaspoon (5 mL)  
Servings per Container: 40

	Amount per Serving	%Daily Value
Calories	45	
Total Fat	9 g	6%*
Saturated Fat	1 g	5%*
Polyunsaturated Fat	2 g	†
Monounsaturated Fat	1 g	†
Cholesterol	110 mg	37%

DHA	800 mg	†
EPA	400 mg	†

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

Ingredients: Calamari oil (squid), natural flavor, and d-alpha tocopherol (vitamin E soy).

## Available Size:

- Calamari Omega-3 Liquid 200mL

Please consult the actual product label for the most accurate product information



## NOTES

DOSAGE AM

PM

\*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.

<sup>^</sup>As part of a diet low in saturated fat and cholesterol.

# Calamari Omega-3 Liquid

FOUNDATIONAL  
SUPPORT

## Bridging the Gap in Dietary Omega-3 Intake

Omega-3 fatty acids play a critical role in the human body and regulate various functions in the cardiovascular, pulmonary, immune, nervous<sup>1</sup> and endocrine systems.<sup>2,3</sup>

Since EPA and DHA are not made efficiently by the body, it is recommended that these polyunsaturated fatty acids (PUFAs) be consumed at higher levels in the diet. However, a large percentage of the U.S. adult population falls below the recommendations for omega-3 fatty acid consumption.<sup>4</sup>

Standard Process Calamari Omega-3 Liquid helps bridge the dietary gap of omega-3 with 800 mg of DHA and 400 mg of EPA omega-3 fatty acids per serving.\*



## REFERENCES

1. Dyall, S.C. Long-chain omega-3 fatty acids and the brain: a review of the independent and shared effects of EPA, DPA and DHA. *Front Aging Neurosci* **7**, 52 (2015).
2. van Gelder, B.M., Tijhuis, M., Kalmijn, S. & Kromhout, D. Fish consumption, n-3 fatty acids, and subsequent 5-y cognitive decline in elderly men: the Zutphen Elderly Study. *Am J Clin Nutr* **85**, 1142-1147 (2007).
3. SanGiovanni, J.P. & Chew, E.Y. The role of omega-3 long-chain polyunsaturated fatty acids in health and disease of the retina. *Prog Retin Eye Res* **24**, 87-138 (2005).
4. Papanikolaou, Y., Brooks, J., Reider, C. & Fulgoni, V.L., 3rd. U.S. adults are not meeting recommended levels for fish and omega-3 fatty acid intake: results of an analysis using observational data from NHANES 2003-2008. *Nutr J* **13**, 31 (2014).

### In-house scientists

rigorously research, develop and test all products to ensure the highest quality

Our ingredients are of  
**HIGH QUALITY**

Our vertically integrated manufacturing processes ensure quality from start to finish

## High-Quality, Wholistic Clinical Nutrition

Since 1929, Standard Process has been dedicated to the field of nutritional supplements and the whole food philosophy introduced by Dr. Royal Lee.

We are committed to growing and sourcing only the highest quality ingredients. For products like our omega-3 oils that can't be grown on our own organic farm, we go to great lengths to find sources that practice, sustainable methods and apply high-quality standards like we do.

### Our EPA and DHA products are of the highest quality, which means:

- Below regulatory standards for contaminants and toxins
- Pure, high quality, concentrated oils
- Sustainably sourced ingredients