

Omega-3s Support Cardiovascular Health, Brain Health, and Wellness

Omega-3s are polyunsaturated fatty acids (PUFAs) that play critical roles in the human body and are particularly abundant in the brain and retina. These PUFAs and their metabolites regulate several important body systems on a cellular level, including cardiovascular, pulmonary, immune, nervous¹ and endocrine systems.^{2,3}

Balance: an improved ratio of Omega-6 to Omega-3

As with most things in life, it's all about balance. The body needs fatty acids found in both Omega-3 and Omega-6, but it's crucial to have them in the proper ratio for good health. Currently, the Standard American Diet (SAD) is high in Omega-6 fatty acids and low in Omega-3s — up to a ratio of 20:1⁴ — which can tip a healthy body system out of balance and allow low levels of inflammation to occur. The body needs a higher ratio of Omega-3 to Omega-6 for supporting the resolution phase of the inflammation process.⁵

A large percentage of U.S. adults fall below the recommendation for Omega-3

PUFAs are essential fatty acids the body needs for normal healthy functioning. Since EPA and DHA are not made efficiently by the body, it is recommended that these PUFAs be consumed at higher levels in the diet. The American Heart Association recommends eating at least two servings of 3.5 ounces of fish per week to help maintain optimal cardiovascular health.⁶ However, people with acute conditions such as coronary artery disease who eat foods low in Omega-3s may not get enough from diet alone.

RESEARCH STUDY REVIEWS

Large portion of U.S. population falls below the recommendation for Omega-3 consumption.^{7,8}

Standard Process Omega-3 Solutions



Cod Liver Oil helps bridge the gap in dietary Omega-3 intake and addresses vitamin A and D deficiency.*



Calamari Omega-3 Liquid helps bridge the gap in dietary Omega-3 intake and supports general health for people at all stages of life.*



Olprima™ DHA provides condition-specific support through a high concentration of the Omega-3, DHA.*



Olprima™ EPA provides condition-specific support through a high concentration of the Omega-3, EPA.*



Olprima™ EPA | DHA provides condition-specific support through a 55:45 ratio of the Omega-3s, EPA and DHA.*



Tuna Omega-3 Oil or Tuna Omega-3 Chewable helps bridge the gap in dietary Omega-3 intake and supports the body's natural inflammatory response function as it relates to periodic challenges.*

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3. SanGiovanni, J.P. & Chew, E.Y. *Prog Retin Eye Res* 24, 87-138 (2005).

4. Simopoulos (2016) -08-00128

5. Innes, J.K. & Calder, P.C. *Int J Mol Sci* 19(2018).

6. [www.heart.org](https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/fish-and-omega-3-fatty-acids), (2019). [online] Available at: <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/fish-and-omega-3-fatty-acids>

7. Papanikolaou, Y., Brooks, J., Reider, C. & Fulgoni, V.L., 3rd. *Nutr J* 13, 31 (2014)

8. Zhang, Z., Fulgoni, V.L., Kris-Etherton, P.M., & Mitmesser, S.H. (2018). *Nutrients*, 10(4), 416. doi:10.3390/nu10040416

*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.

THE STANDARD PROCESS DIFFERENCE

Changing Lives With Nutrition

Standard Process:

- Is committed to changing lives with a whole food philosophy
- Grows many ingredients on the Standard Process certified organic farm in Wisconsin
- Is serious about quality
- Makes products to support the health of the whole family
- Partners with health care professionals
- Has been trusted for generations, with products that have been changing lives since 1929

At our practice, we believe that given the proper nutrition, the body has the amazing ability to keep itself healthy. We also believe that nutrition should be individualized to meet each patient's needs. We recommend and trust Standard Process nutritional supplements made with whole food and other ingredients.

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Improvement Starts With Measurement

Track Omega-3s and optimize health with the Omega-3 Index Plus Test

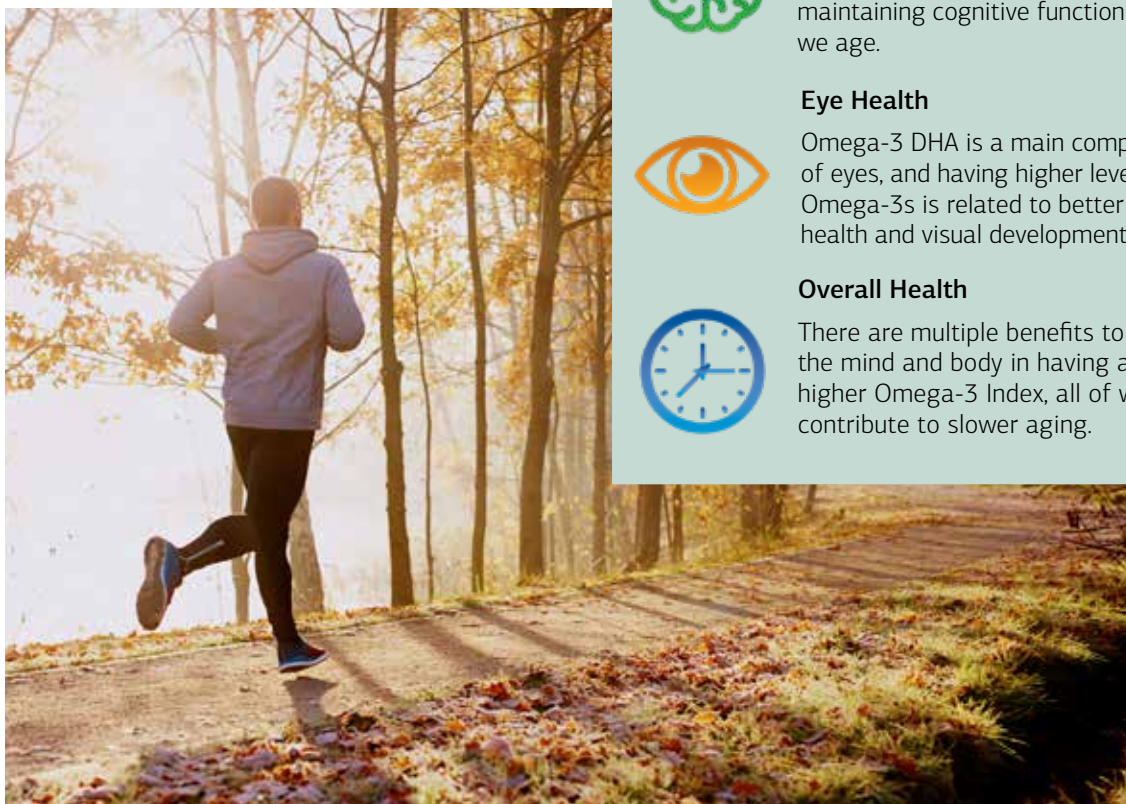


WHOLE FOOD NUTRIENT SOLUTIONS

Omega-3s play a role in supporting brain, heart, eye, and joint health. However, they can't deliver their benefits if they're not in the blood.

How can you make sure the body is getting enough Omega-3s? By using the Omega-3 Index Plus Test from Standard Process. It allows you to measure the presence of Omega-3 fatty acids (EPA and DHA) in red blood cell membranes, and it's the first step towards important (but manageable) changes to diets and lifestyles.

By partnering with OmegaQuant — the premier lab for Omega-3 Index testing — Standard Process is better able to help people support conditions related to cardiovascular health,[^] brain health, and a healthy inflammatory process with its family of Omega-3 supplements.



Benefits of Knowing the Omega-3 Index

Heart Health



From a better functioning heart to healthier blood vessels, there are many reasons why people with higher Omega-3 blood levels have better heart health.

Brain Health



Omega-3s play a role in brain health during every phase of life – from infant brain development to maintaining cognitive function as we age.

Eye Health



Omega-3 DHA is a main component of eyes, and having higher levels of Omega-3s is related to better eye health and visual development.

Overall Health



There are multiple benefits to the mind and body in having a higher Omega-3 Index, all of which contribute to slower aging.

How does it work?

The Omega-3 Index Plus Test is simple. The kit contains almost everything that's required to measure nutritional fatty acid status — all we need is a drop of blood. With dietary changes and supplementation, numbers can be modified in as little as 3-4 months.

Health care professionals can order kits at standardprocess.com/OmegaTest and complete the following steps:



Register Test

Register your patient's kit online using the unique kit ID and your email address.



Collect Sample

Follow simple instructions to collect your patient's sample.



Mail Sample

Place collection card in the mail in the pre-paid return envelope.



Get Results

In about 2 weeks, you will receive an email with your patient's personalized results, including individualized recommendations for improvement that you can share with your patients.



Monitor

Monitor your patient's diet and dietary changes and retest every four months to track levels over time.

An Omega-3 Index in the desirable range of 8-12% is an indicator of better overall health.

Measure: Eating fish or taking supplements does not guarantee an Omega-3 Index will be in the desirable range – it must be measured.

Modify: With Omega-3 Index results, you will have the tools to adjust Omega-3 intake.

Monitor: Track how dietary changes affect the Omega-3 Index by testing every 4-6 months.

The Omega-3 Index Plus Test measures:

- Omega-3 Index
- Trans Fat Index
- Omega-6 : Omega-3 Ratio
- AA : EPA Ratio

All from one drop of blood.



[^]As part of a diet low in saturated fat and cholesterol