Essential fatty acids that deliver important nutritional support
A large percentage of U.S. adults fall below the recommendation for Omega-3 intake

Bridge nutritional gaps with Standard Process Omega-3 products

Omega-3s are polyunsaturated fatty acids (PUFAs) that the body needs for normal healthy functioning. Since EPA and DHA (types of PUFAs) are not made efficiently by the body, it is recommended that they 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. However, people with acute conditions, such as coronary artery disease who eat foods low in omega-3s, may not get enough from diet alone. In fact, studies show a large portion of the U.S. population falls below the recommendation for omega-3 consumption— including all women of child-bearing age.

**Balance: an improved ratio of omega-6 to omega-3**
As with most things in life, omega consumption is all about balance. The body needs fatty acids found in both omega-3s and omega-6s, 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 20:1 — 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 to support the resolution phase of the inflammation process.

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

PUFAs play critical roles in the human body and are particularly abundant in the brain and retina. These PUFAs and their metabolites regulate a number of important body systems on a cellular level, including cardiovascular, pulmonary, immune, nervous and endocrine systems.
# Standard Process® Omega-3 Product Family

Standard Process offers a variety of omega supplements sourced from different fish and useful for different needs. While foundational omega-3 supplementation is typically used to maintain general health, concentrated EPA and DHA are better positioned to provide condition-specific support and can be used by patients for a duration as specified by a health care professional.

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- **Tuna Omega-3 Oil**
- **Tuna Omega-3 Oil Chewable**
- **Calamari Omega-3 Liquid**
- **Cod Liver Oil**

**SOURCED FROM**

- Tuna
- Tuna
- Calamari
- Cod

- Tuna
- Anchovy & Sardine
- Anchovy & Sardine

*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.*

*As part of a diet low in saturated fat and cholesterol*
Improvement Starts with Measurement

Track omega-3s and optimize health by using the Omega-3 Index Plus Test from Standard Process. It is a blood test that measures the percentage of omega-3 fatty acids (EPA and DHA) in red blood cell membranes.

How can you make sure the body is getting enough Omega-3s?

Measure
You won’t know if fats are balanced unless they’re measured

Modify
A low ratio can be corrected by increasing omega-3 intake

Monitor
Track how dietary changes affect blood levels by testing regularly
Standard Process Omega-3 Solutions
We offer a wide range of products that can help bridge nutritional gaps.

Foundational Support

**Tuna Omega-3 Oil**
Helps bridge the gap in dietary omega-3 intake and supports the body’s natural inflammatory response function.*

**Cod Liver Oil**
Supports healthy skin and eyes, addresses vitamin A and D deficiency, and may support mood challenges.*

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

Condition-Specific Support

**Olprima™ EPA | DHA**
Provides a 55:45 ratio of the omega-3s, EPA and DHA.

**Olprima™ EPA**
Provides general mood support while promoting a healthy inflammatory response.*

**Olprima™ DHA**
Supports cardiovascular and brain health while supporting the body’s healthy inflammatory response.**

Learn more about our family of omega-3 oils: standardprocess.com/omega-3-supplements
High-Quality, Holistic 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.

Standard Process is committed to growing and sourcing the highest quality ingredients. For products like our omega-3 oils that can’t be grown on our organic farm, we go to great lengths to find sources that practice sustainable methods and apply high-quality standards. Standard Process omega-3 products are formulated in our facility and tested for rancidity and heavy metals. As a third-generation, family-owned company, we stand behind our holistic approach to nutritional health.

4. Simopoulos (2016) An increase in Omega6, omega3 FA ratio risk obesity nutrients-08-00128