

# Omega-3 Supplements

For Foundational and Condition-Specific Support



Essential fatty acids that deliver  
important nutritional support



# 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.

	SUPPORTS FOUNDATIONAL NEEDS				TARGETS CONDITION- SPECIFIC NEEDS		
Health Focus	Tuna Omega-3 Oil	Tuna Omega-3 Chewable	Calamari Omega-3 Liquid	Cod Liver Oil	Olprima™ DHA	Olprima™ EPA	Olprima™ EPA   DHA
Healthy Triglyceride and HDL <sup>^</sup>					—		
Cardiovascular Health <sup>^</sup>					—		—
General Brain Health & Cognition					—		—
General Mood						—	—
Healthy Inflammatory Process	—	—	—	—	—	—	—
General Health and Omega-3 Dietary Gap	—	—	—	—	—	—	—
Immune System Response			—	—			
Vitamin A and/or D Dietary Gap				—			
SOURCED FROM	TUNA	TUNA	CALAMARI	COD	TUNA	ANCHOVY, SARDINE, or MACKEREL	ANCHOVY & SARDINE









<sup>^</sup>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.

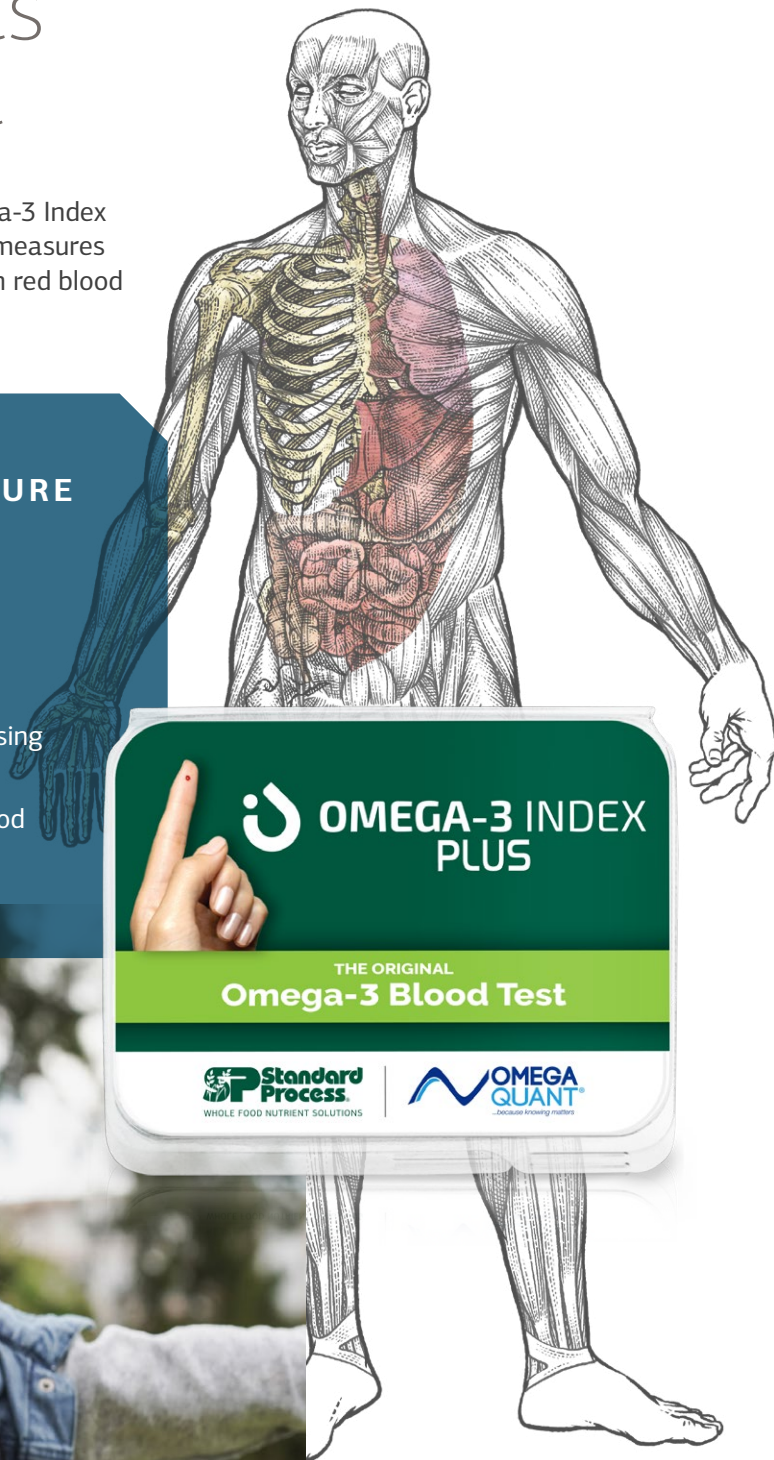


## HOW CAN YOU MAKE SURE THE BODY IS GETTING ENOUGH OMEGA-3s?

**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



\*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.

# 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.\*



### Tuna Omega-3 Chewable

A chewable softgel, this product 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.\*^



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

Bridge nutritional gaps with Standard Process Omega-3 products

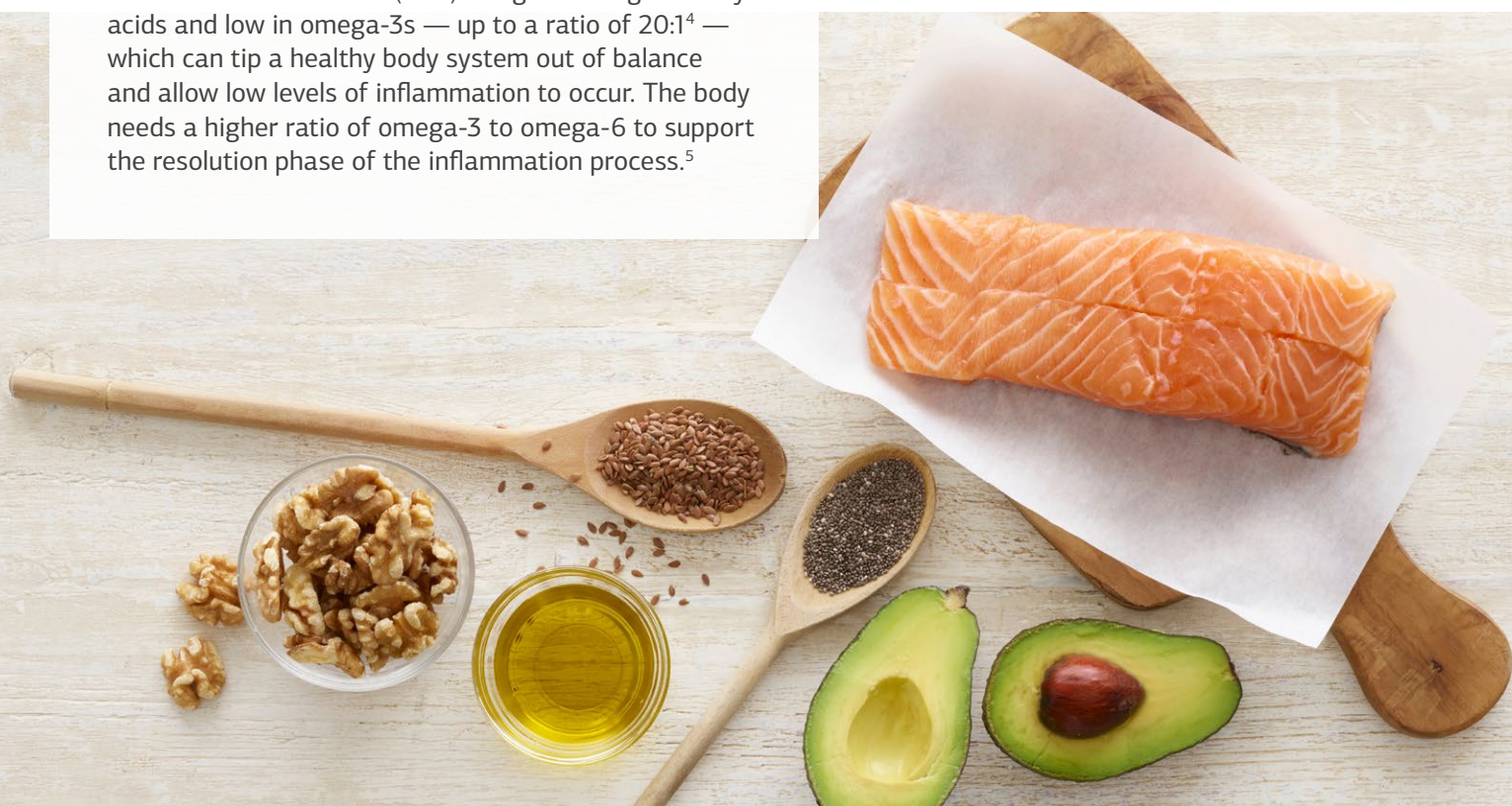
Omega-3s are polyunsaturated fatty acids (PUFAs) that the body needs for normal healthy functioning. Since EPA and DHA (types of PUFAs) are not made efficiently by the body, it is recommended that they be consumed at higher levels in the diet. The American Heart Association recommends eating at least two servings of 3.5 ounces of fish per week to help maintain optimal cardiovascular health.<sup>1</sup> 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.<sup>2,3</sup>

## **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<sup>4</sup> — 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.<sup>5</sup>

## **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<sup>6</sup> and endocrine systems.<sup>7,8</sup>



# Together, We Can Change Lives

Changing lives is our passion and has been since our company's inception in 1929. This passion is what drove our founder, Dr. Royal Lee, to develop and pioneer the first whole food-based supplement on the market, the revolutionary Catalyn®.

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## At Standard Process:

We change lives with our whole food philosophy.


We grow ingredients on our certified organic farm in Wisconsin.

We're serious about quality.

We make products to support the health of the whole family.

We team-up with health care professionals.

We've been trusted for generations. Our products have been changing lives since 1929.

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  2. Papanikolaou, Y., Brooks, J., Reider, C. & Fulgoni, V.L., 3rd. *Nutr J* 13, 31 (2014).
  3. Zhang, Z., Fulgoni, V. L., Kris-Etherton, P. M., & Mitmesser, S. H. (2018). *Nutrients*, 10(4), 416. doi:10.3390/nu10040416
  4. Simopoulos (2016) An increase in Omega6, omega3 FA ratio risk obesity nutrients-08-00128
  5. Innes, J.K. & Calder, P.C. The Differential Effects of Eicosapentaenoic Acid and Docosahexaenoic Acid on Cardiometabolic Risk Factors: A Systematic Review. *Int J Mol Sci* 19(2018).
  6. 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).
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