

# FAST FACTS



The omega-3 fatty acids found in salmon oil are responsible for a number of health benefits, ranging from enhancing cardiovascular health, to reducing arthritic pain, menstrual pain, or other types of inflammation. Science suggests these fats 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.

## Salmon Oil

While researchers recommend two to three servings of fatty fish each week, many of us consume less than one. 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 Salmon Oil can boost the omega-3 content of the diet and support a healthful balance of fatty acids.

### 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.
- Fish oils may benefit the heart and cardiovascular system by basically changing the chemistry of the blood.<sup>1</sup> They may do this by:
  - Moderating blood lipid levels of triglycerides,
  - Decreasing platelet "stickiness" and blood viscosity, and by making blood cells less rigid, lowering the risk of artery-plugging blood clots, and
  - Helping lower blood pressure.
- Omega-3 fatty acids may prevent an overproduction of substances that cause inflammation. Therefore, omega-3 fatty acids may beneficially affect tissues as diverse as blood vessels & cells of the blood, immune system, skin, lungs, joints, kidneys, and pancreas. By preventing overproduction of inflammatory substances, omega-3 fatty acids may lessen:
  - Joint and arthritic pain and enhance joint mobility,<sup>2,3</sup>
  - Menstrual pain,<sup>4</sup>
  - Psoriasis,<sup>5</sup>
  - Inflamed bowel, and other conditions.<sup>5</sup>
- Omega-3 fatty acids support the structure and function of the brain, nerves, and eyes.<sup>6</sup>
- Omega-3 fatty acids are crucial to the development of infant brain and eyes, and are naturally present in mother's milk. Infants whose mothers consume foods rich in omega-3 fatty acid have higher omega-3 fatty acid levels compared to those whose mothers do not consume omega-3-rich foods.<sup>7</sup>
- Omega-3 fatty acids help promote the growth of healthy tissue, particularly of the colon, pancreas, breast, and prostate.<sup>1</sup>
- People who do not like fish can get the omega-3 fatty acids they need for optimal health from supplements.<sup>1</sup>

### Who has greater omega-3 needs?

The following groups may benefit from greater intakes of omega-3 fatty acids:<sup>1</sup>

*Pregnant women*

*Breast-feeding mothers*

*Young children*

*Elderly adults*

*Athletes*

# The GNLD Challenge: Deliver pure, potent Salmon Oil

GNLD's Salmon Oil is superior to its market competitors. We are so confident that our product is without peer that we dare the competition to brave the "GNLD Salmon Oil Challenge." For a Salmon Oil supplement to be equivalent to GNLD's Salmon Oil, it must meet the following criteria:



**INTERNATIONAL**

For more information please contact your local GNLD Distributor

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Salmon Oil 6/04

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	GNLD Salmon Oil	Competitors Fish or Omega-3 Oils
<b>Contains pure salmon oil.</b> No oils from shellfish, scavengers, bottom feeders, or sea mammals.	✓	?
<b>Health-Screened.</b> Use only fish from pristine North Atlantic waters that are certified disease-free & selected for human consumption.	✓	?
<b>"Body oils" only.</b> Oil is pressed from flesh, not organs where toxins may collect.	✓	?
<b>Guaranteed to be contaminant free</b> (including heavy metals, pesticides etc).	✓	?
<b>Stabilised with the natural antioxidant vitamin E.</b>	✓	?
<b>Potency guaranteed</b> two years after manufacture. Daily serve provides 330 mg of EPA and 270 mg DHA.	✓	?
<b>Balanced ratios</b> of EPA & DHA as found in nature.	✓	?
<b>The omega-3 fatty acid value of one optimal serving of fresh salmon</b> in one daily serve.	✓	?
<b>Virtually no vitamin A or D.</b>	✓	?
<b>Extremely low in cholesterol.</b> Only 1 mg per capsule.	✓	?

*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 doctor before taking Salmon Oil. Medical consultation is particularly important if you are taking drugs to thin your blood.*

## References and suggested further reading

1. Simopoulos, A.P. Omega-3 fatty acids in health and disease and in growth and development. *Am J Clin Nutr* 54:438-463, 1991.
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3. Geusens, P., Wouters, C., Nijs, J., Jiang, Y. and Dequeker, J. Long-term effect of omega-3 fatty acid supplementation in active rheumatoid arthritis: a 12-month, double blind, controlled study. *Arthritis Rheum.* 37:824-829, 1994.
4. Deutch, B. Menstrual pain in Danish women correlated with low n-3 polyunsaturated fatty acid intake. *J. Nutr.* 49:508-516, 1995.
5. Blok, W.L., Katan, M.B. and van der Meer, J.W. Modulation of inflammation and cytokine production by dietary (n-3) fatty acids. *J. Nutr.* 126:1515-1533, 1996.
6. Uauy-Dagach, R., and Mena, P. Nutritional role of omega-3 fatty acids during the perinatal period. *Clinical Perinatol.* 22:157-175, 1995.
7. Makrides, M., Neumann, M., Simmer, K., Pater, J., and Gibson, R. Are long-chain polyunsaturated fatty acids essential nutrients in infancy? *Lancet* 345:1463-1468, 1995.



