Biotics Research Corporation presents

Biomega-3™ Liquid

Lemon flavoring makes our new omega-3 easy to enjoy!

It is currently estimated that the typical North American diet contains a much greater percentage of omega-6 fatty acids, outnumbering the intake of omega-3 fatty acids by a factor of twenty,[1] thus having a potential negative impact on health.

Diets deficient in essential fatty acids, particularly omega-3, have the potential to result in enormous consequences, both on body metabolism and function.[2, 3, 4]

As one of the classes of essential fatty acids, omega-3 fatty acids serve a number of basic biological roles, including their involvement in the structure and function of biological membranes and their importance as both cellular signals and hormone precursors. They are also vital to cellular metabolism, acting as an aide in the regulation of nutrient uptake and excretion.

- Skin problems (eczema, psoriasis, and dry skin)
- Inflammatory arthritis
- Learning problems
- Attention deficit
- Irritability, melancholy and fatigue
- Frequent infections
- Increased synthesis of triglycerides

For additional information on this and other quality products from Biotics Research, please contact us:

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BIOTICS RESEARCH CORPORATION
"The Best of Science and Nature"
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Biomega-3™ Liquid

The most active and beneficial derivatives of marine derived omega-3 fatty acids are eicosapentaenoic acid (EPA) and decosahexaenoic acid (DHA). Low levels of omega-3 fatty acids have been associated with behavioral issues and learning problems in children with attention shortfalls, including learning problems.[5] In addition to its benefit in inflammation, omega-3 fatty acids have also demonstrated beneficial therapeutical effects for persons with symptoms of depression. It is well known that essential fatty acids play a central part in both the development and function of the central nervous system.

An appropriate dietary change for cardiovascular health benefits is to emphasize an increase in the dietary amounts of omega-3 fatty acids, including the fish oil constituents EPA and DHA, while simultaneously decreasing the dietary content of omega-6 fatty acids.[6] Alternately, supplemental forms of omega-3 fatty acids could be incorporated into the diet to achieve adequate EFA intake.

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2. Siguel E. A new relationship between polyunsaturated fatty acids and total/HDL cholesterol. *Lipids. 1996;31:S51–S56.*
3. Siscovick DS, Raghunathan TE, King I, Weinmann S, Wicklund KG, Albright J, Bovbjerg V, Arbogast P, Smith H, Kushi LH, Cobb LA, Copass MK, Psaty BM, Lemaitre R, Retzlaff B, Childs M, Knopp RH. Dietary intake and cell membrane levels of long-chain n-3 polyunsaturated fatty acids and the risk of primary cardiac arrest. *JAMA. 1995;274:1363–1367.*
4. Das UN. Essential fatty acids in health and disease. *J Assoc Physicians India. 1999 Sep;47(9):906-11.*
5. http://news.uns.purdue.edu/html4ever/1996/9606.Burgess.html.
6. Kris-Etherton PM. Taylor DS, Yu-Poth S, Huth P, Moriarty K, Fishell V, Hargrove R, Zhao G and Etherton TD. Polyunsaturated fatty acids in the food chain in the United States. *Am J Clin Nutr 2000; 71(suppl):179S-88S.*
7. Simopoulos, AP, Leaf A, Salem, N. Workshop on the Essentiality of and Recommended Dietary Intakes (RDI) for Omega-6 and Omega-3 Fatty Acids. *Washington, DC. April 1999.*

The average North American population's daily intake of EPA and DHA is currently estimated at 130mg. The minimal EPA and DHA intake, as proposed by an international panel of lipid experts, is 650mg per day,[7] suggesting that daily consumption should be increased five fold. Since contamination issues such as heavy metals, are of great concern with an increased consumption of dietary EPA/DHA from fish, a favorable method of increasing the daily allowance is via supplementation.

Quality fish oil, specifically one that is assayed for and known to be harvested free of contaminants so as not to require distillation, thus remaining fully functional and biologically active, is a smart choice for all. At Biotics Research Corporation, all of our omega-3 fatty acids are tested for heavy metal contamination and are assured to be safe for you and your patients. The natural lemon flavor included in **Biomega-3™ Liquid** makes this product easy to enjoy.

Supplement Facts

Serving Size: 1 Teaspoon (5 ml) Servings Per Container: 40

	Amount Per Serving	% Daily Value
Calories	40	
Calories from Fat	40	
Total Fat	4 g	6%*
Saturated Fat	1 g	5%*
Polyunsaturated Fat	2 g	†
Monounsaturated Fat	1 g	†
Cholesterol	15 mg	5%
Omega-3 Fatty Acids	1,400 mg	†
EPA (Eicosapentaenioc Acid)	740 mg	†
DHA (Docosahexaenoic Acid)	460 mg	†
Other Omega-3 Fatty Acids	200 mg	†

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

Ingredients: Omega-3 fish oil (Anchovy and Sardine), natural lemon flavor, rosemary extract, ascorbyl palmitate, natural tocopherols (derived from soy).

RECOMMENDATION: One (1) teaspoon each day as a dietary supplement or as otherwise directed by a healthcare professional.

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