

ULTIMATETM OMEGA +CoQ10

Synergistic blend of fish oil
and CoQ10 to support
optimal cardiovascular health



**NORDIC[®]
NATURALS** 
Pure and Great Tasting Omega Oils

ULTIMATE OMEGA +CoQ10

A Heart Synergy Formula

Nordic Naturals, the leader in fish oil supplements, has combined concentrated omega-3 fish oil and Coenzyme Q10 (CoQ10) to create a powerful formula that supports the heart and circulatory systems; Ultimate Omega +CoQ10. This omega-rich formula offers the proven cardiovascular benefits of EPA (Eicosapentaenoic Acid) and DHA (Docosahexaenoic Acid) from fish oil in combination with the antioxidant and energy-producing actions of CoQ10. Two soft gels of Ultimate Omega +CoQ10 provide recommended daily amounts of the omega-3 fats, EPA and DHA, to support heart health¹, with the added benefit of 60 mg of CoQ10.

For individuals with heart disease, the American Heart Association recommends one gram of combined EPA and DHA², which is easily achieved with just two soft gels of Ultimate Omega +CoQ10. CoQ10 is a fat-soluble nutrient, and studies have shown that it is better absorbed in an oil matrix³. Many CoQ10 soft gels are manufactured in a carrier of soybean oil or other commodity oil. Ultimate Omega +CoQ10 uses Nordic Naturals' best selling concentrated fish oil, Ultimate Omega, as an "active" delivery system for CoQ10.

Many health care professionals agree that the best way to maintain and protect your heart's health is through regular exercise and by supplementing daily with omega-3 fatty acids and CoQ10.



Why CoQ10 for heart health

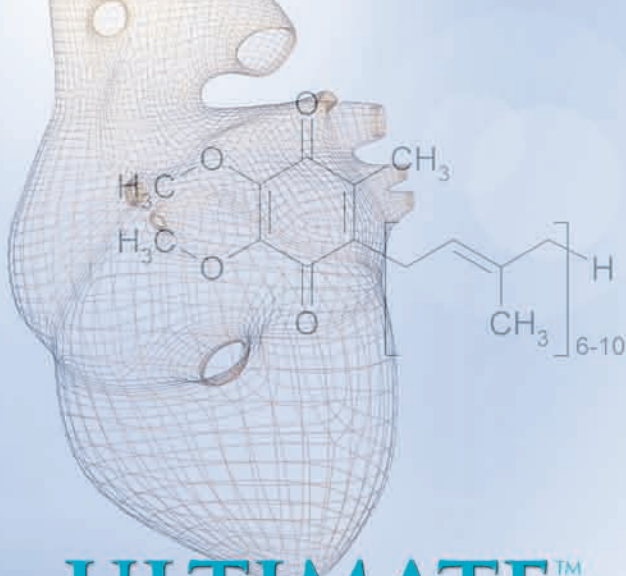
CoQ10, is a fat-soluble, vitamin-like compound found in human cells. Inside the mitochondria of a cell, CoQ10 is responsible for the conversion of food into energy. ATP (Adenosine Triphosphate) is the human body's energy currency, and 95% of energy requirements (ATP) are made with the help of CoQ10⁴.

Organs with the highest energy requirements, such as the heart, have the highest CoQ10 concentrations⁵. CoQ10 levels have been reported to decrease with age⁶ and in patients with heart disease⁷. In addition, some prescription medication intended for heart disease can inhibit CoQ10 production. Research demonstrates that statin drugs can deplete CoQ10 levels by up to 40%^{8,9} and that supplementation with CoQ10 prevents this depletion¹⁰. CoQ10 supports the cardiovascular system by helping meet the heart's demanding energy needs* and by acting as an antioxidant that protects heart tissue from the harmful effects of free radicals.* Several well-designed clinical trials have found that CoQ10 supports cardiovascular health^{11,12}.

Why supplements are better than whole fish

Experts are recognizing how crucial omega-3s from fish are for overall health. Yet, because our fish supply has become contaminated with environmental toxins, both the FDA and the Environmental Protection Agency have recommended we limit the amount of fish we eat.

Nordic Naturals fish oils are the perfect solution. They deliver the Omega-3s you need, with none of the contaminants. Third-party testing shows our purified fish oils register no detectable heavy metals, dioxins, or PCBs—so you can consume them with confidence.



ULTIMATETM OMEGA +CoQ10

Fish oil is the best source of EPA and DHA, which are two of the most important nutrients for heart health. Evidence from randomized, controlled clinical trials demonstrates that omega-3 fatty acids benefit the hearts of healthy people, and those with heart disease.

Studies show that EPA and DHA, the omega-3 fatty acids found in Ultimate Omega +CoQ10:

- ◆ Promote healthy blood vessels and circulation*
- ◆ Support normal heart rhythm*
- ◆ Support the body's natural anti-inflammatory response*
- ◆ Maintain normal blood pressure and triglyceride levels^{2*}

Experts recommend a minimum of 500 mg of combined EPA and DHA daily for basic support of cardiovascular health¹. Individuals with heart disease are recommended to increase this amount to 1000 mg daily². In just one serving, Ultimate Omega +CoQ10 is a convenient way to meet the daily recommendations for omega-3 intake.

Supplement Facts

Serving Size: **2 Soft Gels**

Servings per container: **30**

Amount Per Serving		% Daily Value*
Calories	20	
Calories from fat	18	
Total Fat	2.0 g	3%
Saturated Fat	0.1 g	1%
Trans Fat	0 g	†
Vitamin E (d-alpha tocopherol)	30 I.U.	100%
Coenzyme Q10	60 mg	†
Omega-3s	Weight‡	Volume %
EPA (Eicosapentaenoic Acid)	650 mg	35%
DHA (Docosahexaenoic Acid)	450 mg	25%
Other Omega-3s	180 mg	10%
Total Omega-3s	1280 mg	70%
Oleic Acid (Omega-9)	56 mg	3%

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established. ‡ Natural Triglycerides

Less than 5 mg of Cholesterol per serving.

Ingredients: purified deep sea fish oil (from anchovies and sardines), soft gel capsule (gelatin, glycerol, purified water USP, caramel color), d-alpha tocopherol, coenzyme Q10, rosemary extract.

No gluten, yeast, milk derivatives, or artificial colors or flavors.

Contains vitamin E derived from refined soybean oil.



THE NORDIC NATURALS ADVANTAGE

Nordic Naturals is the number one selling fish oil brand in the natural products market. We offer:

Unparalleled freshness

- ◆ Our fish oil is manufactured in a 100% oxygen-free environment to preserve its unique freshness.

Exceptional purity

- ◆ Molecular distillation removes any potential impurities down to the particals-per-trillion level. *Certificates of analysis are available upon request.*
- ◆ Our fish oils surpass all national and international standards for purity and freshness.
- ◆ All Nordic Naturals products are third-party tested for freshness and purity.

Unsurpassed quality

- ◆ Our pure and fresh fish oils are manufactured from the highest quality raw material, and contain the natural triglyceride form of EPA and DHA for optimized absorption.
- ◆ Nordic Naturals products are used and recommended by leading doctors and research institutions around the world.

Environmental commitment

- ◆ Our environmentally responsible policy ensures that 100% of our fish is utilized for human or animal consumption, and is harvested only from waters that are abundant.

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*Nordic Naturals is voted #1 Overall
Brand for Consumer Satisfaction
by ConsumerLab.com's 2008
Supplement Users Survey*