

## PURE TO THE CORE

More of the omega-3 health benefits you need. None of the toxins or oxidation you don't.

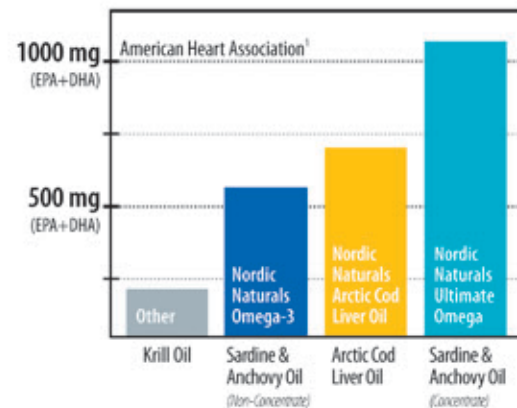
Purity is at the core of manufacturing high-quality fish oil. That's why Nordic Naturals developed patented, oxygen-free, and low-heat processing techniques that eliminate environmental contaminants such as mercury, dioxins, and PCBs while also maintaining the integrity of delicate fish oils.

We start with flourishing fish species that are sustainably sourced from abundant waters, and then carefully craft our exceptional quality fish oils to deliver the purest and freshest source of the omega-3s you need for optimal health.

All Nordic Naturals fish oils are third-party tested for environmental toxins, including heavy metals, dioxins, and PCBs, and surpass the strictest international standards for purity and freshness.

## HOW MUCH ARE YOU GETTING?

Experts agree adults need a minimum of 500 mg EPA+DHA daily.



(chart based on suggested daily serving size)

1. Kris-Etherton PM, Hill AM. N-3 fatty acids: food or supplements? J Am Diet Assoc 2008 Jul;108(7):1125-30. PMID: 18589017

## THE NORDIC NATURALS DIFFERENCE

### UNPARALLELED FRESHNESS:

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

### EXCEPTIONAL PURITY:

- Our fish oil surpasses strict international standards for mercury, lead, PCBs, dioxins, and other contaminants.

### UNSURPASSED QUALITY:

- Our fish oils are manufactured from the highest quality raw material, and contain the triglyceride form of EPA+DHA for optimized absorption.

- Nordic Naturals products are used and recommended by leading doctors and research institutions around the world.

- All Nordic Naturals products are third party tested and surpass strict international pharmaceutical standards for purity and freshness. Certificates of analysis available upon request.

### SUSTAINABLE FISHING:

- 100% of our fish is wild caught and sourced in accordance with the Norwegian fisheries management system, which has been a model for the sustainable harvest of marine life for over 30 years.

- 100% of our fish is utilized for human or animal consumption.

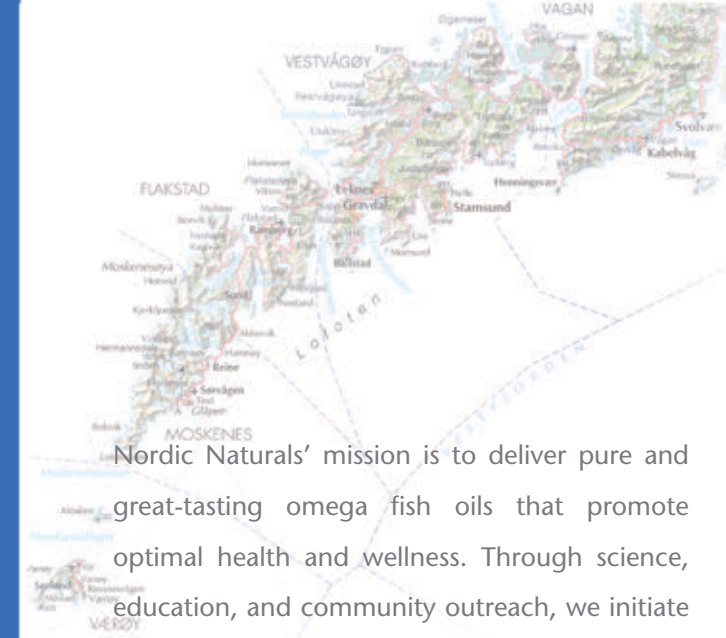
LEARN MORE:

[planetnordic.com](http://planetnordic.com)



## WHAT ARE OMEGA-3 ESSENTIAL FATTY ACIDS?

Omega-3 essential fatty acids (EFAs) are nutrients that are considered "essential" because they are required for optimal health but cannot be produced by the body, and therefore must be obtained from diet or supplementation.



Nordic Naturals' mission is to deliver pure and great-tasting omega fish oils that promote optimal health and wellness. Through science, education, and community outreach, we initiate standards of excellence and integrity that apply not only to our product line but to all of our business practices worldwide. As an industry leader and innovator, Nordic Naturals strives to lead individuals to a better quality of life while maintaining a deep respect for the environment.

NORDIC NATURALS, INC.

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## WHICH PRODUCT IS RIGHT FOR ME?



**NORDIC NATURALS**  
Pure and Great Tasting Omega Oils

### EPA healthy heart and body

(Eicosapentaenoic Acid)  
Omega-3

- Maintains a healthy heart and circulatory system\*
- Supports joint flexibility and movement\*
- Maintains healthy immune function\*
- Supports optimal metabolism and body composition\*
- Maintains balanced blood sugar levels\*
- Supports the body's natural anti-inflammatory response\*

### DHA healthy mood, mind, and memory

(Docosahexaenoic Acid)  
Omega-3

- Supports developing brain and eyes\*
- Promotes positive mood and well-being\*
- Supports and protects the brain, eyes, and nervous and immune systems\*
- Essential for the proper development of infants and children\*
- Recommended by doctors for pregnant and lactating women\*

### GLA healthy skin, hair, and hormones

(Gamma-Linolenic Acid)  
Omega-6

- Nourishes hair and skin\*
- Supports healthy joints\*
- Supports hormonal balance\*
- Maintains optimal body fat metabolism\*
- Supports a regular menstrual cycle via prostaglandin metabolism\*

### OA healthy blood pressure and cholesterol levels

(Oleic Acid)  
Omega-9

- Occurs naturally in fish oil
- Major constituent of the "Mediterranean diet" associated with lower incidence of chronic degenerative diseases such as coronary heart disease
- A "good for you" omega-9 monounsaturated fatty acid
- Supports healthy blood vessel function\*
- Promotes healthy cell membrane structure\*

## GENERAL HEALTH

### Balanced EPA+DHA

- One serving provides the international expert recommendation of 500mg EPA+DHA
- Supports a healthy heart\*
- Supports healthy cell production\*
- Essential for health of brain, eyes, and nervous system\*



Also available:  
Arctic CLO soft gels  
Omega-3 liquid

## HEART HEALTH

### Concentrated EPA+DHA

- Supports cardiovascular health\*
- Double-strength EPA+DHA for increased omega-3 benefits in fewer soft gels
- One serving provides the American Heart Association's daily recommendation of EPA+DHA for individuals with heart concerns<sup>1</sup>.



Also available:  
Ultimate Omega soft gels  
Ultimate Omega 500

## VITAMIN D

### 1000 I.U. per serving

- Enhances calcium absorption\*
- Supports optimal bone health and strength\*
- Supports the immune and neuromuscular systems\*
- Modulates mood and sleep rhythms\*



Also available:  
Omega-3D liquid  
Omega-3D soft gels  
Omega-3.6.9-D Junior  
Complete Omega-3.6.9-D

## CHILDREN'S HEALTH

### Balanced EPA+DHA

- Great-tasting, chewable soft gels and liquids that kids love!
- Supports brain and visual function\*
- Supports a healthy nervous system\*

Call to ask about our delicious  
omega-3 gummy products



Also available:  
Children's DHA soft gels  
Omega-3.6.9 Junior liquid

## SKIN & HAIR HEALTH

### Omega-3.6.9

- The omega "multi" — a healthy balance of omegas 3, 6, and 9
- Nourishes skin and hair\*
- Supports a healthy immune system, joint flexibility, and healthy lungs\*



## JOINT HEALTH

### Omega Joint Xtra

Concentrated EPA+DHA with shellfish-free Glucosamine Sulfate and Undenatured Type II Collagen

- Supports the body's natural anti-inflammatory response\*
- Supports proper growth and function of cartilage\*
- May strengthen joints and bones with long term use\*
- Maintains joint mobility, flexibility, and comfort\*
- Supports the repair of connective tissue and joint cartilage\*



### EPA & EPA Xtra

- Supports the body's natural anti-inflammatory response\*
- Supports a healthy heart and metabolism\*



EPA Xtra is the most powerful "non-prescription" omega-3 concentrate available in triglyceride form\*

## FITNESS SUPPORT

Certified for Sport by the NSF  
free of athletic banned substances



Certified for Sport™  
Manufacturing

- Promotes cardiovascular and respiratory function\*
- Supports joint flexibility and mobility, and the body's natural anti-inflammatory response\*



## CHOLESTEROL SUPPORT

Concentrated EPA+DHA  
with Red Yeast Rice and CoQ10

- Supports normal cholesterol and lipid levels in healthy individuals\*
- Enhances overall cardiovascular function\*



## COGNITIVE HEALTH

Concentrated DHA

- A highly concentrated DHA formula for neurological support\*
- Supports learning, memory, and mood\*
- Supports brain structure throughout all stages of life\*

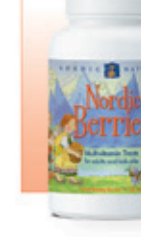


Also available: DHA 1000

## MULTIVITAMIN

Nordic Berries Multivitamin

- Chewable, pectin-based multivitamin for ages 2+
- Provides 100% of the daily value of the most essential nutrients— including zinc and vitamins A, B, C, D3, and E



## WOMEN'S HEALTH

Evening Primrose Oil with EPA+DHA

- Supports hormonal balance\*
- An ideal companion to any Nordic Naturals fish oil products



## EYE HEALTH

Concentrated DHA  
with Lutein and Zeaxanthin

- Supports healthy eyes and protects against age-related eye concerns\*
- Supports tissue moisture and tear production\*



## BLOOD SUGAR SUPPORT

Concentrated EPA+DHA  
with Alpha-Lipoic Acid and Chromium

- Maintains glucose homeostasis and insulin function in healthy individuals\*
- Supports fat metabolism\*



## DIGESTIVE HEALTH

Concentrated EPA+DHA  
with Live Probiotic Spores

- Supports a healthy balance of intestinal flora\*
- Supports overall digestive and gastrointestinal health and function\*
- Provides 2 billion viable cells per serving



## PREGNANCY

Concentrated DHA

- Supports proper development of the brain, eyes, and nervous and immune systems\*
- Promotes positive mood and well-being\*
- One serving surpasses international expert recommendations



## OMEGA-3 EFFERVESCENT

A whole new way to take your omega-3s:  
Just add water!

- 100% Cod Liver Oil
- Stevia-sweetened creamy orange flavor
- No soft gel to swallow and no gelatin
- Ideal for kids and adults



DrinkYourOmegas.com

## PET HEALTH

Omega-3 fish oil for dogs and cats

- Supports brain and eye development
- Nourishes skin and coat
- Promotes joint and heart health



Also available: Omega-3 Pet liquid  
2 oz, 8 oz, 16 oz



\*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.