

# WHICH PRODUCT IS RIGHT FOR ME?



**NORDIC<sup>®</sup>  
NATURALS** 

# 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.

## PURE TO THE CORE

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

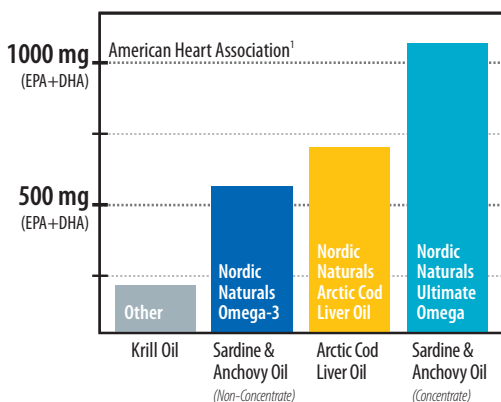
Purity is at the core of manufacturing high-quality fish oil. That's why Nordic Naturals developed patented, oxygen-free, low-heat processing techniques that remove environmental contaminants such as mercury, dioxins, and PCBs while also maintaining the integrity of delicate fish oils.

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 oils used in Nordic Naturals products 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 that adults need a minimum of 500 mg EPA+DHA daily.



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

## **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-recommended dose of 500 mg 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  
Algae Omega™ liquid  
Omega-3 liquid  
Omega-3 fish gels  
Kenai Wild Alaskan Salmon Oil liquid & soft gels

## FITNESS SUPPORT

Certified for Sport by the NSF  
*free of athletic banned substances*



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

Learn more: [nnprosports.com](http://nnprosports.com)

## EYE HEALTH

### Concentrated DHA with Zeaxanthin and FloraGLO® Lutein



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

\* 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.

## 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<sup>®</sup> liquid & soft gels

Ultimate Omega<sup>®</sup> Minis

Ultimate Omega<sup>®</sup> fish gels



## CHOLESTEROL SUPPORT

### Concentrated EPA+DHA with Red Yeast Rice and CoQ10

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



## BLOOD SUGAR SUPPORT

### Concentrated EPA+DHA with Alpha-Lipoic Acid and Chromium

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



## 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-3.6.9-D Junior™

Complete Omega-3.6.9-D™

Omega-3D™ liquid

Ultimate Omega-D3 Sport



## COGNITIVE HEALTH

### Concentrated DHA

- A highly-concentrated DHA formula for neurological support\*
- Supports learning, memory, and mood\*



*Also available:* DHA Xtra

## 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



# CHILDREN'S HEALTH



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

## BABY'S HEALTH



FOR AGES 3+



FOR AGES 5+



- Kids ask for more

# 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

## SKIN & HAIR HEALTH

### Omega-3, 6, and 9

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



## WOMEN'S HEALTH



### Evening Primrose Oil with EPA+DHA

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

*Also available:* Nordic GLA™

## 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 dosing recommendations



## 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 true triglyceride form\**

Also available: Nordic GLA™

## VEGETARIAN PRODUCTS



### Algae Omega™

100%  
VEGETARIAN

- Made from microalgae, the original source of marine omega-3
- One of very few algae oils with significant amounts of EPA for complete nutritional support
- Supports normal vision, heart health, positive mood, immunity, and the body's natural anti-inflammatory response\*



### Nordic GLA™

100%  
VEGETARIAN

- Supports radiant skin, hormonal balance, healthy joints, respiratory function, and optimal body-fat metabolism\*

## REVOLUTIONARY OMEGA-3 POWDERS

Convenient, single-serving stick-packs let you drink your omegas any time, anywhere you want.

### Arctic Omega Effervescent™

- 100% wild Arctic cod
- Stevia-sweetened creamy orange flavor
- No soft gel to swallow, and no gelatin
- Ideal for kids and adults
- 500 mg EPA+DHA



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

*Available in 21 count*

## PET HEALTH

### Omega-3 fish oil for dogs and cats

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



# THE NORDIC NATURALS ADVANTAGE

## PROVEN PURITY

All our oils surpass strict international standards for purity and freshness

## EXCEPTIONAL FRESHNESS

Oxygen-free, proprietary processing for exceptional freshness from boat to bottle

## GREAT TASTE

Leading freshness and 100% natural flavoring ensure no fishy smell, taste, or aftertaste

## TRIGLYCERIDE FORM

Superior triglyceride form for up to 70% better absorption than ethyl ester omegas<sup>2</sup>

## BACKED BY RESEARCH

More original research than any other brand

## RESPONSIBLE DOSING

An effective, expert-recommended daily dose of at least 500 mg EPA+DHA

## SUSTAINABLE PRACTICES

100% of our fish is wild caught, sourced in line with the Norwegian fisheries management system, and processed with minimal environmental impact

## INDEPENDENT TESTING

Independent labs test our oils for heavy metals, dioxins, and PCBs to guarantee purity, freshness, and quality in every batch. Request a certificate of analysis, and compare

2. Dyerberg J, et al. Bioavailability of marine n-3 fatty acid formulations. *Prostaglandins Leukot Essent Fatty Acids* 2010 Sep;83(3):137-141.

# NORDIC NATURALS®



*At Nordic Naturals we believe that  
omega oils are essential to life.*

*By correcting the global omega-3  
deficiency, we give each generation what  
they need to grow healthy and strong.*

*Through science and innovation, we  
are committed to delivering the world's  
safest, most effective omega oils.*

**NORDIC NATURALS, INC.**

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