



# 1250 omega-3

**Omega-3 with EPA and DHA: available in softgels or liquid**

## Purity, Potency and Price: Know the 3 Ps of Omega-3s

With increasing awareness of the vast benefits of omega-3 fatty acids, they have quickly become the most highly used supplements on the market today. To meet consumer demand, new brands of omega-3 softgels are popping up every day, thus making it difficult to decide which one to pick. To evaluate your brand of omega-3, you need to look at the three Ps: Purity, Potency and Price.

### Purity

Some brands of omega-3 can actually be harmful if high purification standards are not implemented during the manufacturing process. Unless the omega-3 oil is molecularly distilled, it may contain high levels of mercury and other contaminants. In addition, you also need to make sure that there have been steps taken to prevent oxidation during manufacturing, which can further compromise the contents of the softgel.



### The Res-Q 1250 Difference: Unsurpassed purity

Res-Q 1250 omega-3 undergoes three molecular-distillation steps to produce highly concentrated omega-3 fatty acids. This process removes all metals, mercury, PCBs and impurities to ensure the highest quality, pharmaceutical-grade omega-3. At the end of this process, a proprietary antioxidant blend including natural tocopherols is added to prevent oxidation and prolong freshness.

### Potency and Price

You might find that two different brands of omega-3 contain the same quantity of softgels but one costs less than the other. This doesn't mean that the cheaper brand is a better value. It all depends on the potency and how much EPA and DHA you get per serving.

### The Res-Q 1250 Difference: Five times the EPA and DHA per gram

Many doctors' recommended dose of EPA and DHA is 3 - 4 grams daily. In a comparison of 12 other omega-3 supplements, the average number of capsules you would need to take daily to reach the recommended daily dose is 12 per day. However, the potency of Res-Q 1250 provides the optimal 3 - 4 gram dose with just 4 capsules per day.

### The Res-Q 1250 Difference: Best value

Most leading brands cost an average of \$1.31 per gram of EPA and DHA. Res-Q 1250's cost per gram is \$0.36, making it among the lowest cost and best values available.



1-800-26-ALIVE (1-800-262-5483) • [www.MyResQProducts.com](http://www.MyResQProducts.com)

# The endless benefits of omega-3 with EPA and DHA

Research studies are published almost weekly in which the scientific community discovers more and more amazing omega-3 benefits. Aside from the well-known cardiovascular benefits, here are seven other proven benefits you should know about:

## Improves brain function

According to a study printed in the European Journal of Clinical Investigation, omega-3 supplementation is associated with an improvement of attentional and physiological functions. [European Journal of Clinical Investigation (2005) 35, 691-699]

## Reduces depression

A study published in PubMed by the NIH uncovers a deficiency of omega-3 in highly depressed subjects. [J Affect Disord. 1996 Apr 26;38(1):35-46]

## Decreases triglyceride levels

The American Heart Association recommends omega-3 for people who need to decrease triglyceride levels. [<http://www.americanheart.org/presenter.jhtml?identifier=4778>]

## Reduces pain and inflammation

Many of the placebo-controlled trials of fish oil in chronic inflammatory diseases reveal significant benefits, including decreased disease activity and a lowered use of anti-inflammatory drugs. [Eur J Clin Invest, Vol. 22, October 1992, pp. 687-91]

## Improves asthma symptoms

Asthma is a mediator-driven inflammatory process in the lungs and the most common chronic condition in childhood. In a study published in the American Journal of Clinical Nutrition, respiratory benefit was achieved when increasing omega-3 intake. [American Journal of Clinical Nutrition, Vol 65, 1011-1017]

## Reduces the risk of age-related macular degeneration

Age-related macular degeneration (AMD) is a disease that affects central vision, a common cause of vision loss among people over the age of 60. A study conducted at the National Eye Institute, in Maryland, suggests that dietary omega-3 long-chain polyunsaturated fatty acid intake is associated with a decreased risk of AMD progression. [Arch Ophthalmol. 2008 Sep;126(9):1274-9 AREDS report no. 23]

## Lowers incidence of obesity

According to a study involving 124 adults, researchers found that the subjects with higher levels of omega-3 had lower weight and smaller waists and hips than the subjects with lower levels of omega-3.

[British Journal of Nutrition (published online ahead of print), doi: 10.1017/S0007114509382173. Authors: M. Micallef, I. Munro, M. Phang, M. Garg]

## Slows the aging process

Telomeres are stretches of DNA that protect the ends of our chromosomes so that our cells can divide. Maintaining proper telomere length is an important factor in the prevention of disease and the aging process. The results of one study printed in the Journal of the American Medical Association showed that patients consuming the least omega-3 had the fastest rate of telomere shortening, while those in the top 25% of consumption levels had the slowest rate. [JAMA. Jan 3 2010;303(3):250-257]

