

8 Benefits of Tuna Omega-3 Oil

Tuna Omega-3 Oil, a natural source of DHA and EPA is a must for optimal health for people of all ages.

Tuna Omega-3 Oil:

- Supports optimal brain development for the fetus and nursing babies
- Supports healthy eye development in children and newborns
- Supports healthy emotional growth and response in children and adolescents
- Supportive but not conclusive research has shown that EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease
- Helps maintain healthy brain and memory function
- Supports healthy mood and helps address the challenges of stress
- Supports healthy inflammatory responses and healthy immune system function
- Supports joint health*

Why Tuna Omega-3 Oil is Unique

Tuna Omega-3 Oil provides a source of DHA and EPA in a naturally-occurring 5:1 ratio, as it is found in tuna. Each batch of Tuna Omega-3 Oil is consistently tested for PCBs, mercury, peroxides, and anisidine levels to assure it meets the highest quality specifications. It is a convenient way for you to receive the health benefits of omega-3s and help you balance your omega-3 and omega-6 intake.*

The Whole Food Difference

All Standard Process products are based on one simple belief—good health comes from good nutrition, and the best nutrients come from whole foods. Each supplement formula is built on this holistic paradigm. Tuna Omega-3 Oil provides a naturally-occurring source of DHA and EPA for cardiovascular, nervous, and immune system health.*



The History & Principles of Standard Process

Founded in 1929 by Dr. Royal Lee, Standard Process has been a leader in the field of natural whole food supplements for more than 75 years. Dr. Royal Lee believed that, “The quality of a whole food supplement is dependent on the quality of the manufacturing process.” This remains the foundation of the Standard Process doctrine today.

Owned and operated by relatives of Dr. Lee, Standard Process manufactures its supplements from start to finish at its facility located in the heartland of America: Palmyra, Wisconsin. Beginning at the company’s 1,000 acres of farmland and continuing through the final stages of our unique processing, Standard Process provides the highest quality food supplements available.



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Omega-3s: Protection for Every Stage of Life





Over the years, fat has gotten a bad rap. However, certain vitamins and minerals are only present in fat. While our modern-day diets give us plenty of fat, it's mostly the wrong kind.

So, what's the right kind?

Everyone needs essential fatty acids (EFAs).



What are EFAs?

Fats and oils contain fatty acids. Essential fatty acids (EFAs) are unsaturated fatty acids that the body does not make on its own but needs in order to maintain good health. We obtain EFAs only through the food we eat. Omega-3s and omega-6s are two types of EFAs.

Who Needs DHA and EPA?

Everyone can benefit from DHA and EPA. They are building blocks during growth and support good health as we age.

They are especially important for:

- Pregnant and nursing mothers for proper brain and eye development of the child
- Adults and seniors who want to keep their mental agility
- Children and adolescents to support emotional well-being as they mature to adulthood
- Adults who want to maintain positive well-being and inner harmony
- People who need additional support for their heart, immune system, or joints

Omega-3s

Omega-3 fatty acids are simple, *unsaturated* fats that break down in the body. Omega-3s are found in flaxseeds, canola oil, nuts, avocados, and cold-water fish—especially tuna.

Two important omega-3s found naturally in fish are: DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid). These specific omega-3 components are vital to long-term health.

DHA is needed for proper brain development, as well as visual and neurological growth.

EPA helps moderate the body's natural inflammatory response and improves cardiovascular integrity.*

Omega-6s

Omega-6s are also EFAs. They are found in foods, such as vegetable and olive oils, nuts, beef, and chicken. Omega-6s are essential for our diets. However, consuming too many may cause serious health issues, especially if the level of omega-3s in the diet is low.

We Consume Too Many Omega-6s

Today, people consume 25 times more omega-6s than omega-3s. Because we consume too many omega-6s, we put a burden on our heart and circulatory system.

The healthiest diet would be to consume about the same amount of omega-3s as omega-6s. Populations who practice this, such as Eskimos whose diets are rich in cold-water fish, enjoy a very low incidence of heart disease.

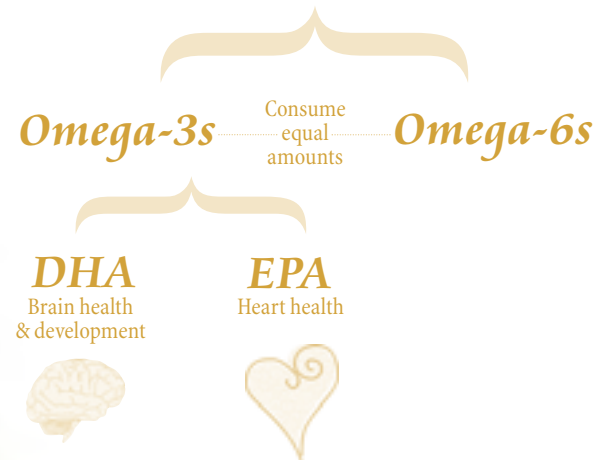
The Benefits of Supplementation

Simply eating more cold-water fish, like tuna and salmon, could improve our balance of omega-3s to omega-6s. But taking a supplement is a better choice. **Why?**

We simply do not eat enough cold-water fish to enjoy the health benefits that omega-3s provide. Taking an omega-3 supplement every day is a safe and convenient way to ensure that you are consistently getting the DHA and EPA that you need to maintain optimal health.

The tuna oil in Tuna Omega-3 Oil is a preferred source of DHA and EPA for supplementation because this tuna is fished in its natural environment, the South Pacific, and has naturally high levels of DHA and EPA.*

Essential Fatty Acids



Achieve a Healthier Balance

In conjunction with a whole food diet, Tuna Omega-3 Oil from Standard Process® is a safe and convenient way to increase your omega-3s and improve your omega-6 to omega-3 intake.



*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

