

***NeurOmega 60 Softgels***  
**\$24.95**

The benefits of fish oil are numerous, including healthy skin, eyes, heart, hair, nails and brain! Fish oil is lauded for its anti inflammatory properties, but more importantly, fish oil helps to maintain the membranes around every cell in your body, making it essential to great brain health. When these membranes break down or are damaged by oxidative stress and free radicals, they need to be repaired. This is where NeurOmega can help. NeurOmega contains the right balance of Omega 3 fatty acids to properly rebuild cell membranes. Low levels of Omega 3's have been found in many psychiatric and neurodegenerative disorders and supplementation has been shown to be effective in improving cognitive function, behavior control and mood regulation. Therefore, taking fish oil on a daily basis is one way you can proactively contribute towards maintaining great brain health while preventing disease.

**Background and Scientific Studies:**

**EPA (Eicosapentaenoic Acid) and DHA (Docosahexaenoic Acid):** EPA and DHA are the bioactive components of Omega 3 fatty acids and are being viewed as a major factor in the treatment of depression. EPA is more influential on behavior and mood while DHA is essential to brain development (Ref. 5). Omega 3 deficiencies have been found in every major psychiatric disorder including depression, bipolar disorder and ADD/ADHD (Ref. 1,3,4,5). In fact, low Omega 3 fatty acid levels tend to correlate with behavior problems and learning disorders in children (Ref. 5,7,8). Since omega 3 fatty acids are important in maintaining cell membranes, damaged or unrepaired cell membranes can then influence transmission of serotonin, norepinephrine and dopamine, making omega 3 supplementation an effective mood regulator. Evidence in the literature supports a role for Omega 3 supplementation in the treatment of anxiety, inattention, autism, dyslexia and ADD/ADHD (Ref. 2,6,7,8). It can also prevent the onset of visual and cognitive deficits observed in dementia and Alzheimer's disease since the highest amounts of EPA and DHA are found in the brain and retinal tissue.

**Servings per container: 30**

**2 softgels contain:**

- Natural Marine Lipid Concentrate 2.8g
- EPA (Eicosapentaenoic acid) 860mg
- DHA (Docosahexaenoic acid) 580mg

**Advantages of this premium formula include:**

- Pharmaceutical-grade fish oil
- Low in cholesterol

- Purity Certified
- Natural lemon flavor

**Directions:** Take 2 softgels up to three times daily with food or as directed by your healthcare practitioner.

**Caution:** If pregnant or nursing, or taking medication-including blood thinning medications-consult your healthcare practitioner before use. Do not use before surgery. Keep out of reach of children.

**Storage:** Keep tightly closed in a cool dry place.

**Formulated to exclude:** Wheat, Gluten, corn, yeast, soy protein, dairy products, nuts, tree nuts, or artificial colors, sweeteners, or preservatives.

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

#### **References:**

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4. Lin PY., (2007) A meta-analytic review of double-blind, placebo controlled trials of antidepressant efficacy of omega-3 fatty acids, *Clin Psychiatry*, 7:1056-61.
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7. Richardson AJ (2006) Omega-3 fatty acids in ADHD and related neurodevelopmental disorders, *Int Rev Psychiatry*, 2:155-72.

8. Stevens LJ., et al. (1996) Omega-3 fatty acids in boys with behavior, learning and health problems, *Physiol Behav.*, 4-5:915-20.