

OmegaMint[®]

- Natural peppermint flavor—no fishy smell or taste, NO FISHY REPEAT!
- Easy to swallow or chew softgels
- 1500 mg of fish oil per serving (2 softgels)
 - ◆ 440 mg EPA ◆ 270 mg DHA
- Sourced from salmon and other cold water fish—sardines and anchovies
- Molecularly distilled

SUGGESTED USE—swallow or chew

General heart health supplement	2 Softgels Daily
At risk for coronary heart disease	4 Softgels Daily

We do recommend that you avoid taking higher than recommended levels of OmegaMint[™] without checking with your physician first as excessive fish oil consumption above suggested levels can potentially affect blood clotting. For more information, visit Americanheart.org.*

If you have any condition or allergy that requires medical attention you should always consult your physician before taking any drug or dietary supplement.

*This product is not endorsed by americanheart.org.



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

QUALITY BY DESIGN
PRODUCTS FOR LIFE[®]

nUTRAMAX[™]
LABORATORIES, INC.

Mission Statement

To provide safe, effective, quality products that improve the quality of life for our customers using:

- High quality ingredients
- Researched ingredients
- Routine audits of active ingredient suppliers
- Manufacturing standards practiced by the pharmaceutical industry



For more information and where to buy, call Customer Service 1-877-267-2646 or visit nofishtaste.com.



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12-1006-04

nUTRAMAX[™]
LABORATORIES, INC.

Heart Health Supplement OmegaMint[®]



Fish Oil
1500 mg/serving[†]



**Natural Peppermint Flavor
No Fishy Smell or Taste
NO FISHY REPEAT**

Omega-3 Fatty Acids

May reduce the risk of coronary heart disease.

Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.

See nutrition information on package for total fat content.

[†]Serving size is 2 softgels.

www.nofishtaste.com

What is OmegaMint™?

OmegaMint is a specially formulated fish oil supplement uniquely flavored with natural peppermint. OmegaMint is rich in the important omega-3 fatty acids, docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). Each OmegaMint softgel can be easily swallowed or chewed.

What is fish oil, and what are its benefits?

Fish oil supplementation has been the topic of much research in recent years. Physicians are discovering many health benefits from the omega-3s found in the oil of salmon and other cold water fish. Omega-3s are the “good healthy” fatty acids (unsaturated fats) that you may have read about for heart health. Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease. Research has shown that omega-3s help support many other systems in the body as well, including kidney function, the immune system, and the nervous system, and help support overall health.



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Why is OmegaMint™ flavored?

Many people have objections to fish oil because of odor or taste. OmegaMint delivers fish oil in a pleasant, natural peppermint flavor, minimizing fishy breath, aftertaste or fishy repeat.

It's the friendly-taste fish oil supplement.

Do I get enough DHA and EPA in the foods I eat?

As mentioned earlier, DHA and EPA are found in cold water fish; however, most of the U.S. population eats less than the recommended two servings per week. Some foods, including pastas and cereals, are now labeled as being “fortified with omega-3 fatty acids.” However, these foods often contain flaxseed oil which is a source of “short-chain” omega-3 fatty acids and not the long-chain omega-3 fatty acids DHA and EPA. Research indicates DHA and EPA provide a higher degree of support for the heart and other organs than the short chain omega-3 fatty acids. OmegaMint provides a direct source of DHA and EPA. Fish oil—not flaxseed oil—is recommended for heart health.

Contamination with heavy metals, such as lead and mercury, and other pollutants, such as PCBs and dioxins, can be an issue with fish and fish oil supplements. Should I be concerned about this with OmegaMint?

Not at all. The fish oil in OmegaMint is tested for the presence of heavy metals and other pollutants and is molecularly distilled to ensure purity. OmegaMint is below the limits recommended by the Council for Responsible Nutrition (CRN) on mercury and lead levels in omega-3 consumer products.

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Catch the mint taste!

