

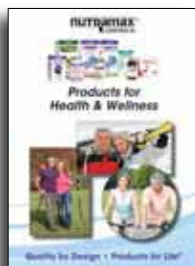
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*Catch the Mint Taste®*

**OmegaMint®**

*Natural Peppermint Flavored*

**Fish Oil**

**1750 mg/serving\***



***No fishy taste, smell  
or repeat!***

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# A New School of Thought for Fish Oil

## 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, the nervous system, as well as help support overall health.

## 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). OmegaMint oil-filled softgels are easy to swallow or chew.

## 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.

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

DHA and EPA are found in cold water fish; yet 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.

## Should I be concerned about contaminants 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 on mercury and lead levels in omega-3 consumer products pursuant to the GOED monograph (Global Organization for EPA and DHA Omega-3's).

## OmegaMint® Omega-3 Heart Health Supplement



- Easy to swallow or chew softgels
- 1750 mg of fish oil per serving (2 softgels)
  - ✦ 270 mg EPA ✦ 180 mg DHA
- Sourced from salmon and other cold water fish—sardines and anchovies
- Molecularly distilled for optimal purity
- Natural peppermint flavor

### SUGGESTED USE – swallow or chew

General heart health supplement	2 Softgels, Once Daily
At risk for coronary heart disease ▼	5 Softgels Daily

**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.**

*Check with your physician before taking higher-than-recommended serving of OmegaMint. Excessive fish oil consumption can potentially affect blood clotting. For more information visit [AmericanHeart.org](http://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.

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