

Why NanOmega³ is Your Best Natural Alternative or Complement to Fish Oil.

Here at BioPharma Scientific, we are not against fish oil. Indeed our “*Joint Wellness Super Food Meal*” on page 11 of “The SuperFood Solution™ User’s Guide” recommends orange flavored fish oil as part of the “recipe”.

However, it should not be forgotten that the main dietary imbalance in the Western diet is the consumption of much more omega-6 fatty acids as compared to omega-3. To turn the current ratio of perhaps 30:1 omega-6 to omega-3 onto a more ideal 4:1, it is not economical, practical, environmentally sustainable, or perhaps even safe, to depend on fish oil alone. Nor are fish oil pills by themselves complete and balanced whole food nutrition.

NanOmega³ is the first *vegan* product to provide complete and balanced whole-food omega-3 supplementation from organic flaxseed, rich in the *essential short chain* omega-3 alpha linolenic acid (ALA), phytonutrients, antioxidants and fiber, along with *long chain* omega-3 DHA from micro-algae. Plus NanOmega³ supplies vitamins D and E along with B6, B9 (folate) and B-12. Vitamin E is important as when increasing poly-unsaturated fatty acids in the diet it is important to increase lipophilic cell membrane antioxidants. Vitamin D is important as fish is a major source of vitamin D, yet few of us eat enough fish, and sub-optimal vitamin D is endemic in the more northern climes of America and most of Canada. Vitamin B6, B9 and B12 are synergistic with flaxseed and DHA in being good for heart and brain health. Plus, as NanOmega³ is a vegan formula, B12 is a valuable inclusion for vegans. As always, we incorporate our **SuperSorb® Enhanced Delivery Systems** to enhance absorption of selected ingredients.

Although the short chain omega-3 fatty acid alpha linolenic acid (ALA) usually converts reasonably well to the long chain fatty acid EPA (10-30%), it does not convert well at all to the long chain fatty acid DHA. Therefore we have fortified the ALA rich organic golden flax with **Martek’s lifesDHA™** from green algae. This micro-algae is the vegetarian source of the EPA/DHA found in fish. Martek’s vegetarian source does not carry the potential for toxic load that can come from some fish. Plus there is very low rancidity, a common problem with fish oil, as the DHA is protected by the antioxidants in the **Meadow Pure® flaxseed** and turmeric. Indeed, each serving of NanOmega³ has an ORAC of over 4,500! To further help keep the antioxidants high and rancidity low, we nitrogen pack NanOmega³ to keep it fresh.

NanOmega³ is a whole food, vegetarian and environmentally sustainable “green” alternative. Its natural pineapple/orange flavor is absolutely delicious. NanOmega³ is especially perfect for vegetarians, children, the elderly, pregnant women and those concerned with the toxins in fish.

Be sure to check out “The SuperFood Solution™ User’s Guide” for lots of great tasting “*Lifelong Wellness Meals*” combining NanoGreens¹⁰, NanoPro^{PRP} and NanOmega³! Frankly, some patients like NanoGreens¹⁰ much better when mixed with NanOmega³!

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