

# OmegAvail™ Liquid

*High potency omega-3s in liquid form*

OmegAvail™ Liquid offers a high-potency dose of omega-3s with a pleasant lemon flavor. This liquid form is easy to take, particularly for people who prefer to swallow fewer pills, and is especially convenient for those who require higher levels of supplementation.

In order to maintain optimum health, the body requires a variety of different fats. Two of these—omega-6 and omega-3 fatty acids—are essential. As a result of industrialized farming practices and modern food processing technology, the American diet is very high in omega-6s, but low in omega-3s. Correcting this imbalance through foods and supplements can be beneficial for the entire body.

## The Story Behind Omega-3's

The best sources of omega-3 fats are cold water fish like salmon, sardines, and mackerel. The omega-3s that come from marine animals are different from the plant forms (such as walnuts and flaxseed), in that many people cannot effectively convert the plant forms to the animal forms, which are the more potent and biologically active versions that the body ultimately requires. Since most people do not consume cold water fish regularly, supplementation is critical for those concerned about any of the health issues listed to the right, and is also recommended for healthy individuals in order to maintain a good baseline balance of fatty acids.

### Proper fatty acid ratios helps support:\*

- Healthy joints
- Robust immune function
- Hydrated skin and lustrous, shiny hair
- Cardiovascular health
- Positive mental outlook and balanced moods
- Clear thinking, memory, and cognitive function
- Healthy cell membranes

## Highlights\*

OmegAvail™ Liquid contains the omega-3 fatty acids EPA & DHA:

- **Eicosapentaenoic acid (EPA)** – beneficial for supporting a healthy brain, balanced emotions, skin health, maintaining normal cholesterol levels and modulating the inflammatory response
- **Docosahexaenoic acid (DHA)** – supports proper brain development and function, visual acuity, maintenance of normal triglyceride levels and blood pressure, eye development and a healthy pregnancy in expectant moms

**Potency** – the TruTG™ advantage: OmegAvail™ Liquid contains fish oils in the triglyceride (TG) form—the same way they naturally occur in fish. Most mass-marketed and lower-priced fish oil supplements come in the ethyl ester (EE) form. These are less expensive and more convenient to produce, but they are not as readily recognized, digested, and assimilated as the TG form. In order to receive the maximum benefit from omega-3 supplementation, it is critical to provide these fats to the body in the same way they are found naturally in fish. It is only when consumed in this natural form that they are most easily digested and assimilated. This TruTG™ advantage is especially effective at promoting healthy omega-3 levels in the body.

**Purity:** OmegAvail™ Liquid also includes mixed tocopherols, which protect these fragile oils from oxidation and rancidity. Additionally, these fish oils are molecularly distilled and filtered to ensure purity and to maximize the removal of metals, pesticides, PCBs, and other contaminants.

## Recommended Use:

Take 1 teaspoon (5ml) per day with a meal, or as directed by your healthcare practitioner.



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

\*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.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).