

# CannabOmega™

Full-spectrum phytocannabinoids with omega-3s

CannabOmega™ uniquely combines EPA and DHA, two health-promoting omega-3 fatty acids, with standardized full-spectrum phytocannabinoids found in hemp oil. The combination of omega-3s and phytocannabinoids provides a harmonious effect, in that the addition of fats from omega-3 fish oils enhances the absorption of and systemic exposure to the phytocannabinoid components in this product, thus enhancing their effectiveness and benefits in the body.\* The omega-3s found in this product are best known for their neuroprotective properties and their roles in brain health, including support for healthy mood and cognition.\* CannabOmega's formulation helps support a healthy inflammatory process, and thus provides combined support for cardiovascular, metabolic, and immune health.\*

## Omega-3s

Omega-3 fatty acids are the healthy components in fish oil. They are known as essential fatty acids because the body cannot manufacture them, making it essential to consume them in the diet or obtain them through supplementation. The omega-3 fatty acids in this product are derived from fish oils in their natural triglyceride (TG) form—the same way they naturally occur in fish. It is only when consumed in this natural TG form that they are most easily digested and available for the body to use.

## What are Phytocannabinoids?

Phytocannabinoids are health-promoting compounds derived from the Cannabis plant. Various Cannabis species supply over 100 cannabinoids but medicine has focused primarily on two of these compounds: tetrahydrocannabinol (THC) and cannabidiol (CBD).

Phytocannabinoids directly interact with cannabinoid receptors in the body, much like a lock and a key. The cannabinoid receptors are part of a unique communication system in the body, known as the endocannabinoid system. This system is laced throughout the central nervous system and distributed among peripheral tissues including the immune and reproductive systems, gastrointestinal tract, brain cells, endocrine glands, arteries, lungs, and heart. Phytocannabinoids have been studied for their potential health-supportive effects on the neurological system.\*

## The Synergistic Effects of Omega-3s and Phytocannabinoids

It is well-known that omega-3 fats have a variety of health benefits, especially their role in supporting healthy inflammatory responses. Omega-3s also exhibit neuroprotective properties that support optimal brain health and function.\* There is a close, yet complex, interaction between the activities of omega-3s and cannabinoids. The metabolites derived from omega-3s are shown to activate cannabinoid receptors. Both omega-3s and endocannabinoids can function to support neurocognitive health and function, such as supporting memory and learning ability, as well as inflammatory processes within the nervous system.\*

## CBD - A Health-Supporting Phytocannabinoid

The phytocannabinoid, cannabidiol (CBD), is harvested from the flowers, seeds and/or stalk fibers of *Cannabis sativa L.*, otherwise known as hemp when containing less than 0.3% THC. Studies have found that CBD supports numerous body processes.

- **Proper Pain Response:** CBD helps the central nervous system respond appropriately to stimuli that influence the body's immune response which also encourages better pain management.\*
- **Healthy Neurotransmitter Levels:** When CBD activates cannabinoid receptors, it encourages the body to balance its production and secretion of neurotransmitters to support a healthy mood, a positive outlook on life, sharp memory, and cognitive function.\*

## CannabOmega™ may help support\*:

- Healthy pain responses
- Brain health and function
- Positive moods and outlook on life
- Immune health
- Gastrointestinal health
- Normal appetite regulation
- Well-regulated metabolism
- Sleep

- **Supports Gastrointestinal (GI) Health:** The digestive tract contains cannabinoids receptors, so phytocannabinoids may help to support healthy gastric motility (movement of food through the digestive system) as well as a healthy appetite.\*
- **Immune Health:** Cannabinoid receptors in the immune system may help regulate cellular activities in order to maintain a healthy immune response.\*
- **Support for the Brain and Nervous System:** CBD helps to benefit the brain and nervous system by supporting balanced neurotransmitters, proper brain stimulation, and healthy cellular growth and activity.\*

### What are “Full-Spectrum” Phytocannabinoids?

Phytocannabinoid products are labeled as “full-spectrum” when they contain all the natural terpenes and phytocannabinoids found throughout the entire plant, including the flowers, seeds, and stalk fibers. These biologically active compounds function synergistically to enhance the effects of the main phytocannabinoid – CBD. Some manufacturers only isolate CBD from hemp, but purified CBD does not work in the same capacity as it does in the presence of terpenes and other phytocannabinoids. Emerging research is starting to show that phytocannabinoids other than CBD possess health-promoting benefits such as supporting the body’s pain response, balancing the immune system, relaxing muscles, and helping with weight management.\*

### The “Entourage Effect”

Full-spectrum phytocannabinoid products are known to promote the “entourage effect” – a term used to describe the synergistic interactions between phytocannabinoids and terpenes. The “entourage effect” enhances the product’s health-promoting effects, meaning theoretically smaller amounts can be used to elicit greater benefits. Thus, the entourage effect is vital for ensuring robust phytocannabinoid action.

### Sourcing & Purification

In the wild, Cannabis plants easily absorb and accumulate various toxins including chemicals such as pesticides, heavy metals, molds, and bacteria. Therefore, a controlled growing environment is vital for quality and purification. CannabOmega™ contains 100% non-GMO hemp flowers sourced from American farms, grown under the Farm Bill, and are compliant with the strict hemp regulations in states such as Indiana.

**Recommended Use:** As a dietary supplement, take one softgel twice per day, or as directed by your health care 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).