

Golden Life™



Omega-3

1000 mg Fish Oil
50 Softgel Capsules

Mercury Free



Indications

- Coronary heart diseases
- Inflammation and Arthritis
- Improves brain function, Improves vision
- Boosts Immunity
- Bone and joint health, Osteoporosis
- Skin and hair care
- Menstrual pain

Omega-3 fatty acids are considered essential fatty acids. They are necessary for human health, but the body can't make them and has to get them through food. Omega-3 fatty acids are found in fish, such as salmon, tuna, and halibut, other sea foods including algae and krill, some plants, and nut oils. Also known as polyunsaturated fatty acids (PUFAs). The major type of Omega-3 are ALA (alpha -linolenic acid), EPA (eicosapentanoic acid) and DHA (docosahexaenoic acid).

- Omega-3 fatty acids play a crucial role in brain function. They are highly concentrated in the brain and appear to be important for cognitive (memory and performance) and behavioral function and also help with other conditions, including depression and protect against stroke.

- These Fatty acids help lower risk of coronary heart diseases. The Strong evidences show

References:

- 1-Bahadori B, Uitz E, Thonhofer R, et al. **Omega-3 Fatty acids infusions as adjuvant therapy in rheumatoid arthritis.** *JPEN J Parenter Enteral Nutr.* 2010; 34(2):151-5.
- 2-Balk EM, Lichtenstein AH, Chung M et al. **Effects of omega-3 fatty acids on serum markers of cardiovascular disease risk: A systematic review.** *Atherosclerosis.* 2006 Nov;189(1):19 -30.
- 3-Rhian Edwards, Janet Shay. **Omega-3 polyunsaturated fatty acid levels in the diet and in red blood cell membranes of depressed patients.** *University Department of Psychiatry, University of Sheffield, Nova Scotia, Canada*



Darman Yab Darou (P.J.S)
Make Health Accessible To All

www.goldenlifehealth.com
Contact No.: +98 21 87175303

that omega-3s EPA and DHA can help reduce triglycerides and blood pressure and also inhibit development of plaque and blood clots.

- Omega-3s are thought to play an important role in reducing inflammation throughout the body, in the blood vessels, the joints, and elsewhere. So they can be effective in heart disease, cancer, and arthritis. Several studies show that Omega-3 supplement can reduce tenderness in joint and decreases morning stiffness.

- Some studies suggest that omega-3 fatty acids may help increase levels of calcium in the body and improve bone strength.

Symptoms of omega-3 fatty acids deficiency include fatigue, poor memory, dry skin, heart problems, mood swings or depression, and poor circulation.

Supplement Facts	
Composition per Capsule	
Fish Oil	1000 mg
	Omega-3: 300 mg
	EPA: 180 mg
	DHA: 120 mg

Presentation:

50 Soft gelatin Capsules in 5 blisters of 10 pieces.

Administration:

Oral, take up to three capsules daily with meal.

Marketing Authorization Holder Darman Yab Darou
Under license of Vitex Pharmaceuticals pty Ltd (Golden Life) Australia

