



M5 Nutrition: Omega-3

Powerful all-natural protection for your heart and mind

What is it?

- M5 Omega-3 provides pharmaceutical grade Omega-3 fatty acids, including the recommended amount of EPA/DHA, to support your heart during and after exercise, and to boost your cognitive health.*

Problem

- Omega-3 fatty acids are essential for normal development and growth, and are a key to cardiovascular protection and endurance during exercise. Since the human body cannot make Omega-3 fatty acids on its own, we must get them from our diet. Although the American Heart Association recommends eating two servings of fish per week, studies show that fewer than one-in-five Americans do so. Researchers believe that a lack of dietary intake of Omega-3 fatty acids and excessive intake of Omega-6 fatty acids (vegetable oil) is a significant contributing factor to many lifestyle diseases.



Solution

- M5 Omega-3 contains pharmaceutical grade fish oils, which are highly purified and contain no contaminants or impurities. These oils are derived from small cold water fish (anchovies and sardines) that are rich in Omega-3 fatty acids and are also an environmentally sustainable source of fish oils. Most doctors recommend an approximate 2:1 ratio of EPA to DHA. M5 Omega-3 contains 220 mg of EPA and 120 mg of DHA to provide cardiovascular protection and support cognitive health during exercise and throughout the day.*

What's in it for me?

- Supports cardiovascular 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.* One serving of M5 Omega-3 provides 220 mg of EPA and 120 mg of DHA Omega-3 fatty acids.
- Supports cognitive health.*
- Improves recovery time by reducing soreness and stiffness after exercise.*

Proven Benefits

Dietary fat is important for the body, it helps absorb certain vitamins and also produces energy.

There are different types of fat:

- Saturated fat: Animal Fat
- Unsaturated fat: Vegetable Oils
 - Monounsaturated fat: Olive oil, peanut oil, canola oil, avocados, poultry, nuts and seeds.
 - Polyunsaturated fat: Vegetable oils (such as safflower, corn, sunflower, soy and cottonseed oils), nut oils (such as peanut oil), poultry, nuts and seeds.
- Omega 3 Fatty Acids: Fatty, cold-water fish (such as sardines, anchovies, salmon), ground flaxseed, flax oil and walnuts.

Omega-3 fatty acids are considered essential fatty acids, because the body cannot produce them and must be consumed through the diet. The essential fatty acids include ALA, DHA, EPA.

Omega-3s have a number of amazing health benefits, which includes Cardiovascular health, joint health, skin health, and cognitive health. EPA and DHA are crucial in the diet and are only obtained through fish. ALA comes from plants, but most Americans consume enough ALA.

Active Ingredients

- *Omega-3 Fatty Acids*: The two key Omega-3 fatty acids in M5 Omega-3 are docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). Omega-3 fatty acids play important roles in brain function, normal growth and development, and protection against inflammation. Omega-3 fatty acids are known to support cardiovascular health, and aid with minor muscle and joint pain after exercise.*

*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.