



- ✓ The freshest fish oil
- ✓ Rich in omega 3 for your heart and brain health
- ✓ No fish flavour

ESSENTIAL OMEGA 3 RICH FISH OIL WITH CAMELINA

wild arctic fish oil • camelina oil

Take **true omega™** if...

- you are not yet taking a **daily omega 3** supplement
 - your diet is low in **essential** omega 3 fatty acids
 - you care about taking a pure, **fresh** omega 3 that is **free from toxins**
 - you want a **tasty** omega 3 supplement you look forward to taking
 - you want an omega 3 supplement you can share with your **family**
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- ✓ Fresh fish oil.
 - ✓ Sustainably sourced.
 - ✓ Full of healthy fats.
 - ✓ For healthy brain and vision.
 - ✓ For healthy blood and cholesterol management.
 - ✓ Fresh and delicious with a natural hint of citrus.

true omega contains omega 3 fatty acid DHA which contributes to maintenance of normal brain function and the maintenance of normal vision. The beneficial effect of DHA is obtained with a daily intake of 250 mg of DHA • A double dose of true omega contains omega 3 fatty acid DHA which contributes to the maintenance of normal blood triglyceride levels. The beneficial effect of DHA is obtained with a daily intake of 2 g of DHA. We recommend that you do not exceed a supplemental daily intake of 5 g of EPA and DHA combined.

true omega should be taken as part of a varied and balanced diet and healthy lifestyle.
Only available through independent Truenordic Partners.

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true omega™ contains 250 ml cold pressed fish and camelina oil

Recommended use: 8 ml per day with a meal

The daily dose can be increased to 16 ml per day for the first 30 days.

Nutrition Information:

per 8 ml

Energy	65 kcal
Fat of which:	8000 mg
Omega 3 Fatty Acids:	1500 mg
EPA	(500 mg)
DHA	(700 mg)
DPA	(60 mg)
Other fatty acids/övriga fettsyror	3500 mg

Ingredients: Fish oil, camelina oil, antioxidant (mixed tocopherols), sweetener (steviol glycosides), natural orange/citrus flavour. Allergy Advice: Contains ingredients from Fish.

EPA and DHA contribute to the normal function of the heart.

The beneficial effect is obtained with a daily intake of 250 mg of EPA and DHA.



Here are some of the ways in which taking **true omega™** can support your health.

EPA and DHA are two important types of omega 3 fatty acid. An 8 ml serving of true omega contains over 1500 mg of different omega 3 fatty acids including 500 mg of EPA and 700 mg of DHA.

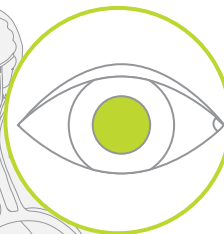
For your brain true omega contains DHA which helps maintain **healthy brain function.**

The beneficial effect is obtained with a daily intake of 250 mg of DHA.

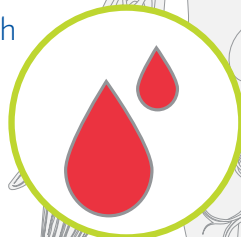


For your eyes true omega contains DHA which contributes to the maintenance of normal **vision.**

For a beneficial effect take at least 250 mg of DHA every day.



For your blood double dose of true omega contains enough DHA to contribute to the maintenance of normal **blood triglyceride levels.** Take at least 2 g of EPA and DHA. daily to feel the beneficial effect.



For your heart true omega contains DHA and EPA which contribute to the normal function of the **heart.** You need at least 250 mg of DHA daily to feel the beneficial effect.



A daily dose of 20 ml of true omega contains 3 g of DHA, and EPA which is important for maintaining normal **blood pressure.**



For maternal intake DHA contributes to the normal **brain development of the foetus** and breastfed infants.

The standard recommended daily intake of omega 3 fatty acids for adults is 250 mg. We recommend that you do not exceed a supplemental daily intake of 5 g of EPA and DHA combined.

DHA also contributes to the normal **development of the eye** of the foetus and of breastfed infants,

To benefit maternally take an extra 200 mg of DHA every day in addition to the standard recommended daily intake of 250 mg for omega 3 fatty acids for adults.

Did you know? There are a number of different omega 3 fatty acids. When selecting a supplement it is important to choose one that has a balance of different fatty acids as they work synergistically to support your body.

In addition DHA contributes to the **visual development** of infants up to 12 months of age. The beneficial effect is obtained with a daily intake of 100 mg of DHA.

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true omega contains omega 3 fatty acid DHA which contributes to maintenance of normal brain function. The beneficial effect of DHA is obtained with a daily intake of 250 mg of DHA.



true omega contains omega 3 fatty acid DHA which contributes to the maintenance of normal vision. The beneficial effect of DHA is obtained with a daily intake of 250 mg of DHA



A double dose of true omega contains omega 3 fatty acid DHA which contributes to the maintenance of normal blood triglyceride levels. The beneficial effect of DHA is obtained with a daily intake of 2 g of DHA. We recommend that you do not exceed a supplemental daily intake of 5 g of EPA and DHA combined.



20 ml of true omega contains DHA and EPA omega 3 fatty acids which contribute to the maintenance of normal blood pressure. The beneficial effect of DHA and EPA is obtained with a daily intake of 3 g of DHA. We recommend that you do not exceed a supplemental daily intake of 5 g of EPA and DHA combined.



true omega contains DHA and EPA omega 3 fatty acids which contribute to the normal function of the heart. The beneficial effect of DHA is obtained with a daily intake of 250 mg of DHA.



true omega contains omega 3 fatty acid DHA which contributes to the normal brain development of the foetus and breastfed infants. For pregnant and lactating women that the beneficial effect is obtained with a daily intake of 200 mg of DHA in addition to the 250 mg recommended daily intake for omega-3 fatty acids for adults.

true omega contains omega 3 fatty acid DHA which contributes to the normal development of the eye of the foetus and breastfed infants. For pregnant and lactating women that the beneficial effect is obtained with a daily intake of 200 mg of DHA in addition to the 250 mg recommended daily intake for omega-3 fatty acids for adults.

true omega contains omega 3 fatty acid DHA which contributes to the normal visual development of infants up to 12 months of age. The beneficial effect of DHA is obtained with a daily intake of 100 mg of DHA.