

# BIOMEGA™ BETTER THAN THE REST

People are finally catching on, realizing how important it is to add fish oil into their daily nutritional regimen. It's an awesome revelation, but it brings up a good question: **Are you getting the quality you deserve?**



**Yes—if you're taking USANA's BiOmega.  
Check out the competition and judge for yourself.**

Product	Vitamin D Fortified	Formulated to Reduce Fishy Aftertaste	Amount of EPA/DHA per Capsule	Capsules Needed to Meet EPA/DHA Recommended Dosage (One Gram)
<b>BiOMEGA™ USANA</b>	✓	✓	<b>525 mg</b>	<b>2</b>
MarineOmega™ Pharmanex		✓	<b>250 mg</b>	<b>4</b>
Prenatal Omega-3 Melaleuca		✓	<b>467 mg</b>	<b>3</b>
OmegaGuard® Shaklee		✓	<b>302 mg</b>	<b>4</b>
Omega-3 Fish Oil plus Vitamin D <sup>3</sup> Nature's Bounty	✓		<b>360 mg</b>	<b>3</b>
TrueOMEGA Truostar		✓	<b>300 mg</b>	<b>4</b>

Comparisons accurate as of 9/2012

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"Not all fish oil supplements are created equal. The concentrated dose of omega-3 fatty acids found in BiOmega are key to maintaining many of the normal health processes in our bodies, including supporting a healthy heart, supporting neural development and function, and maintaining healthy joint function. Since USANA's BiOmega is the superior source when it comes to ultra-pure fish oil supplements, it's always my recommendation for patients in need of such products."

—Peter W. Rugg, MD  
Chairperson of USANA's Scientific Advisory Council

