

It's No Fish Tale...

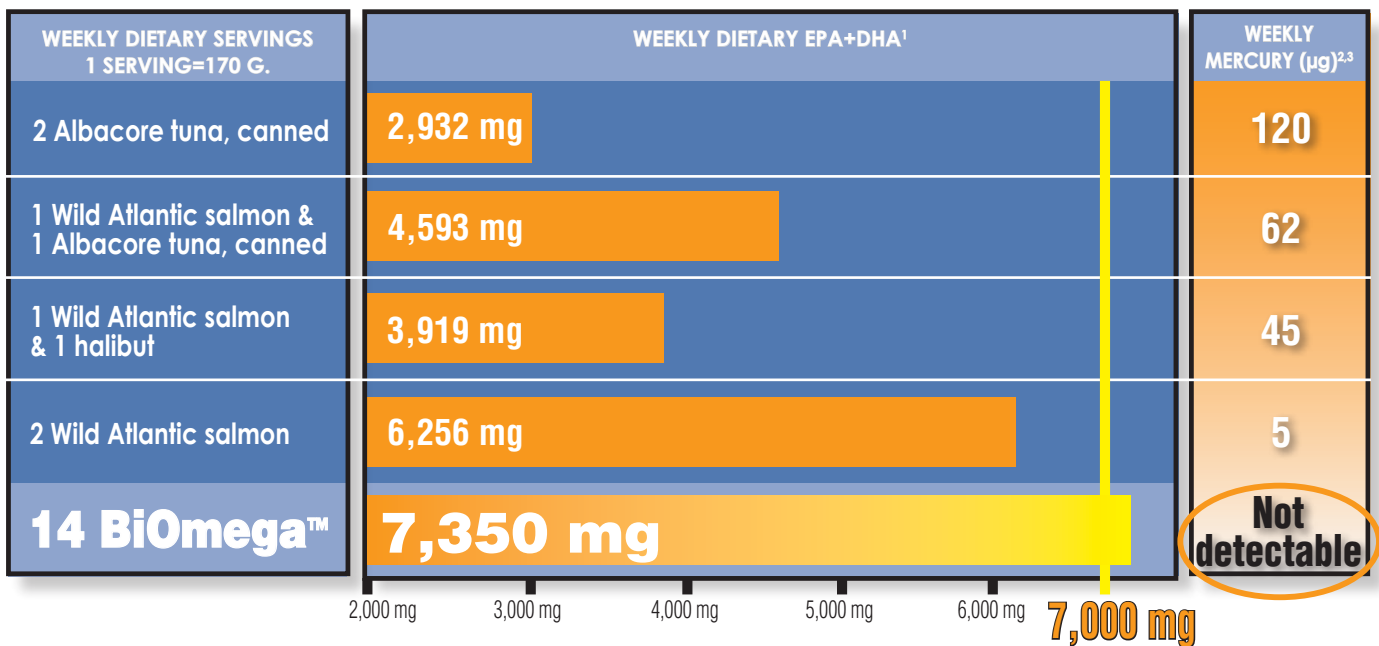
BiOmega™ provides essential nutrition in its purest form



For good health, many experts suggest that adults consume between .5 to 1 gram of EPA+DHA omega-3 fatty acids daily, or up to 7 grams (7000 mg) total per week. As part of a healthy diet, fish is a great source of omega-3 fatty acids. Yet, because of increasing concerns about mercury and other contaminants, some government agencies are now recommending that no more than 340 grams of fish should be consumed per week, which makes it difficult to get the recommended amount of omega-3s from diet alone. That's where the **BiOmega™** dietary supplement comes in. By taking BiOmega as part of a balanced diet, you can be sure you are getting the right amount of pure, safe omega-3s.

A BETTER CHOICE FOR YOUR HEALTH

This chart illustrates how much mercury and EPA+DHA you would be getting if you ate two 170 gram servings of some common fish in one week.



¹ From USDA database: <http://www.nal.usda.gov/lnic/foodcomp/search/> accessed 4/11/08, ² From FDA database: <http://www.cfsan.fda.gov/~frf/sea-mehg.html> accessed 4/11/08

³ The safe level of mercury determined by the EPA is 0.1 micrograms per kilogram of body weight per day: http://www.ama-assn.org/ama/pub/category/15842.html#human_health_effects accessed 4/11/08



USANA
INDEPENDENT ASSOCIATE

USANA Canada Co., 80 Innovation Drive, Woodbridge, ON L4H 0T2