OmegaGize

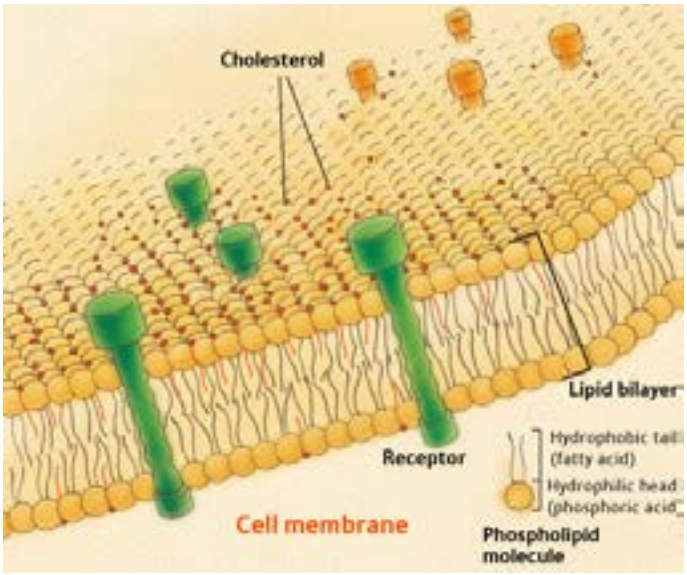
Fat Soluble Antioxidants

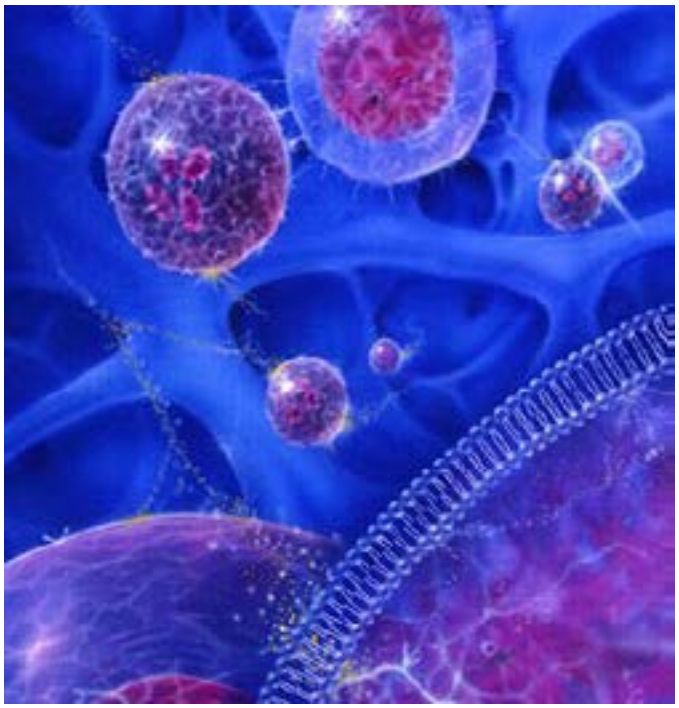
As we continue our journey into Fat soluble antioxidants OmegaGize™ is high on our list. There is a couple of reasons for this, the first one is that our cells have a lipid (fat) membrane that is capable of holding toxins in it when it is not healthy. The problem today is that many people are not getting quality fats to support the cells membrane.

This is very typical of people who suffer from type 2 diabetes as they produce enough insulin but it does not get into the cell. The lipid membrane in a sense is dehydrated then the layer of fat is thinned and in a way acts as it is hardened and the insulin cannot get in. This is largely caused by consuming trans-fats and other bad fats that go rancid in the body.

Just a quick note on the size of a cell – you can fit about 10,000 cells on the end of pin, that is why there are trillions of them in our body.

For our body to make the most out of fat soluble antioxidants the lipid membrane needs to be healthy so that it can release toxins and function properly. It is for this reason that we need good quality omega 3 fatty acids into the body to support the lipid membrane.





What are omega-3 fatty acids?

- A type of polyunsaturated fatty acids (PUFAs) that must be obtained through the diet because it cannot be made by the human body

Why are omega-3 fatty acids important?

- Omega-3 fatty acids may be important in preventing many health problems, including heart disease, rheumatoid arthritis, and cancer. They also play a role in improving mood and sharpening memory.

What foods are good sources of omega-3 fatty acids?

- Cold water fish are the highest source of DHA and EPA omega-3 fatty acids which have been shown to be the most effective in reducing cardiovascular disease risk. Other foods contain these fatty acids as well, however, in smaller amounts.

Health Benefits

How do fish and fish oil decrease the risk of coronary heart disease?

Fish and fish oil are thought to decrease the risk of coronary heart disease by several possible mechanisms, including:

- decreasing triglyceride and remnant lipoprotein levels.
- altering metabolism of n-6 polyunsaturated fatty acid eicosanoids to inhibit inflammatory processes.
- increasing high-density lipoprotein (HDL) cholesterol levels. (variable response)
- improving heart rate variability and lower heart rate.
- elevating ventricular fibrillation threshold.
- decreasing the risk of thrombosis and anti-platelet effects.
- slowing the progression of atherosclerotic plaques.
- improving endothelial function.
- modestly reducing blood pressure lowering plasma leptin levels.

Most of the above benefits are primarily cased by the lipid membrane being helped to functioning properly.

Four problems that need to be addressed:

- Not all fish oils are created equally.
- Not only that it is important to know where your fish oil is coming from due to high levels of mercury toxicity detected in a lot of fish.
- Make sure that your fish oil has not gone rancid by the time it gets to you. This can be caused by light, age and temperature.
- Omega 3 when taken as a supplement is made ineffective by the hydrochloric acid in the stomach that is why people often report that they get a lot of fish burps when they take fish oil, which then puts them off. For the OmegaGize to be utilized by the body it needs to be able to get to the small intestine intact.

OmegaGize addresses all of the above concerns.

The single most important factor to consider with fish oil is freshness. Fish oil can be so fragile that some cultures prefer to buy live fish and avoid dangerous rancidity. Consuming rancid fish oil is like declaring war on your body, and it can contain millions of free radicals that damage your cells. Thus it is important to look for fish oil that is strengthened with natural antioxidants to preserve the fish oil and protect freshness.

OmegaGize contains:

- Ingredients: Fish Oil, Rice Tocotrienols, Clove EO (Syzygium aromaticum), CoQ10 Kaneka™, German Chamomile EO (Matricaria recutita), Spearmint EO (Mentha spicata), Vitamin D (Cholecalciferol), Mixed Carotenoids
- Other ingredients: Gelatin (tilapia), Silicon Dioxide, purified water

Sardines

- Fish oil from sardine, which are amongst the highest quality of fish containing omega 3 fatty acids: 1.65 g per serving
  Eicosapentaenoic acid (Omega-3 fatty acid): 135 mg per serving
  Docosahexaenoic acid (Omega-3 fatty acid): 310 mg per serving
- Clove added antioxidant support. Research indicates that clove protects fish oil to ensure freshness and prevent rancidity.
- The legendary German chamomile support a healthy inflammatory response.

This essential oil blend delivers a number of health benefits, including the very best antioxidant protection from clove oil, the highest ranking substances on the ORAC scale.

- Young Living's fish oil is harvested from small fish in **pristine waters** and is free of heavy metals (mercury, lead), PCBs, and dioxins.
- OmegaGize essential oils keeps the fish oil **ten times** more stable to ensure freshness throughout preparation, while in the softgel, and during metabolism.

Here is another reason to take Young Living's OmegaGize:

The addition of CoQ10 plays a vital role in the normal function of the body's cells* and is found in the highest concentrations of the hardest-working organs in the body—especially the heart, liver, and kidneys. CoQ10 levels start to decline as we age, but with OmegaGize³, we utilized the bioidentical Kaneka Q10™ CoQ10, which is the highest quality CoQ10 in the world and replenishes this vitamin to the body.

"According to two studies published in the American Journal of Clinical Nutrition, the **omega-3 fatty acids** found in fish oil, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), may help preserve cognitive function in older adults. In one study, the diets of 210 healthy men ranging in age from 70 to 89 years with normal cognitive function were assessed and then reassessed five years later. Subjects who regularly ate fish demonstrated a slower decline in thinking ability than those who did not eat fish. A daily consumption of approximately 400 mg of EPA and DHA was recommended for maintaining healthy cognitive function. In the second study in 2,251 older adults, those with higher blood levels of EPA and DHA displayed less decline in verbal ability than those with lower levels. The effects were most pronounced in adults with high blood pressure and elevated lipid levels." -- Robert Gaston *Life Extension*, September 2007

Omega-3 fatty acids, DHA (docosahexaenoic acid), and EPA (eicosapentaenoic) have long been studied for their ability to assist natural immune response, cardiovascular functions, and normal brain function.* The sourced omega-3 in OmegaGize³ is one of the purest fish oils available and is rigorously and independently tested to ensure that it is free of environmental pollutants.

CoQ10 is an oil-soluble, vitamin-like substance found naturally in all animal life. It plays a vital role in the normal function of the body's cells* and is found in highest concentrations in the hard-working organs of the body— especially

the heart, liver, and kidneys. As we age CoQ10 levels begin to decline, making it necessary to supplement. OmegaGize³ utilizes bio-identical Kaneka Q10™ CoQ10, the highest quality CoQ10 in the world.

Vitamin D-3 is a fat-soluble vitamin that may help maintain already normal circulation, mood, and improve the body's ability to absorb calcium.* These premium ingredients are infused with pure clove, German chamomile, and spearmint essential oils to support a healthy response to inflammation and to enhance formula stability and antioxidant protection. The ingredients found in OmegaGize³ are protected from lipid oxidation and capsule hardening by an innovative liquid ocean capsule, which helps ensure that the contents remain potent and fresh. These vital nutrients support normal brain, heart, skin, eyes, and joint function, resulting in an incredible super supplement worthy of the Young Living name.*

Frequently Asked Questions

Q What are DHA and EPA?

A **EPA** (eicosapentaenoic acid) and **DHA** (docosahexaenoic acid) are simply omega-3 fats. Both DHA and EPA are found in fish oil and research shows they are vital to its therapeutic activity.

DHA (Docosahexaenoic acid) is essential for the growth and functional development of the brain in infants. DHA is also required for maintenance of normal brain function in adults. The inclusion of plentiful DHA in the diet improves learning ability, whereas deficiencies of DHA are associated with deficits in learning. DHA is taken up by the brain in preference to other fatty acids.

The turnover of DHA in the brain is very fast, more so than is generally realized. The visual acuity of healthy, full-term, formula-fed infants is increased when their formula includes DHA. During the last 50 years, many infants have been fed formula diets lacking DHA and other omega-3 fatty acids.

DHA deficiencies are associated with foetal alcohol syndrome, attention deficit hyperactivity disorder, cystic fibrosis, phenylketonuria, unipolar depression, aggressive hostility, and adrenoleukodystrophy.

DHA has a positive effect on diseases such as hypertension, arthritis, atherosclerosis, depression, adult-onset diabetes mellitus, myocardial infarction, thrombosis, and some cancers.

EPA (Eicosapentaenoic Acid) is required for the production of a special group of substances in the body called prostaglandins, which control blood clotting and other arterial functions. EPA also provides a natural approach to lower blood cholesterol and triglycerides.

EPA has received increasing attention as a therapy for the cancer anorexia/weight loss syndrome.

In one study the administration of the omega-3 fatty acid EPA to a drug-naive patient with schizophrenia, untreated with conventional antipsychotic medication, led to a dramatic and sustained clinical improvement in both positive and negative symptoms.

Q Are omega-3 fats from fish oil better than the fats found in flaxseed oil?

A The omega-3 fats ALA and EPA must be converted into DHA to be used by the body. Fish oil contains EPA and DHA, and flaxseed oil contains ALA. EPA is one conversion away from DHA; however, ALA is two. Meaning, it takes a lot of ALA, or a significant amount of flaxseed oil, to make a small amount of DHA. Therefore, if you want the therapeutic benefits of DHA, fish oil is your best choice.