

# Introducing

*Super*  
**Omega-3**  
Dietary Supplement

## Choose Optimal Health

For optimal health and longevity, everyone can benefit from daily omega-3 fatty acid supplements. Essential fatty acids cannot be produced by the human body, so they must be obtained through diet or supplementation.

Medifast's *Super Omega-3* offers Medifast customers:

- Purified deep sea fish oil from clean seas
- Enteric coated soft gel capsules
- Organic flaxseed oil
- EPA and DHA, two fatty acids that have many health benefits, such as supporting and maintaining the health of your cardiovascular system

(See our complete list of health benefits on page 2)

### How is *Super Omega-3* unique?

*Super Omega-3* is enteric coated, which means the active ingredients bypass the stomach and are absorbed in the small intestine. This minimizes unpleasant "fish burps" and associated aftertastes, and also enhances the body's absorption of the fish oil so you get more benefit than from non-enteric coated products on the market. Our formula is doctor-recommended and third-party tested for purity.

*Super Omega-3* is unique because it also contains organic flaxseed oil.

- Flaxseed oil provides the essential fatty acids linoleic acid and alpha-linolenic acid (ALA), an omega-3 fatty acid and a precursor to EPA and DHA
- Flaxseed oil is also beneficial for healthy skin, hair and nails.

**Warnings:** If you are pregnant, nursing, taking medications or planning any medical procedures, consult your physician before use. Those with a fish allergy should discuss the use of this supplement with their physician. Discontinue use and consult your physician if any adverse reactions occur.

**Suggested Use:** As a dietary supplement, adults take two (2) soft gel capsules daily with meals, or as directed by a health care professional. Store in a cool, dry place and away from direct light. Keep out of reach of children. As a reminder, discuss the supplements and medications you take with your health care professional(s).

Experience optimal health . . . try *Super Omega-3* from Medifast.

# Guidelines

## How to Choose the Right Omega-3 Dietary Supplement for You

With so many options on the market, you want to make sure your Omega-3 supplement provides the maximum in safety and effectiveness.

### The Right Concentration

The American Heart Association recommends consuming 1 gram (1,000 mg) of combined EPA & DHA per day. **Super Omega-3** offers highly concentrated fish oil in an enteric coated soft gel capsule — so you get the right amount (1,200 mg) of EPA and DHA from fewer soft gel capsules (2 daily).

### The Right Purity

Fish are not picky eaters! You should choose a fish oil that has been purified through molecular distillation to ensure that potential toxins in fish fat deposits won't build up in your body with daily use. **Super Omega-3** from Medifast is ultra-purified and manufactured to the highest standards. **Super Omega-3** does not contain mercury, PCBs, heavy metals, lead, trans fat, saturated fats, arsenic or other negative compounds.

### The Right Accuracy With Use of Third-Party Testing


**Super Omega-3** fish oil has been tested to guarantee purity and freshness. The amount of DHA and EPA listed on our label is what is in our soft gel capsules, and because of the purification process, our fish oil is free of contaminants such as mercury, PCBs and other negative compounds.

### The Right Mix of Health Benefits

Medifast's **Super Omega-3** dietary supplement:

- Supports healthy circulation through veins and arteries\*
- Helps ensure that blood platelets glide across each other properly, thereby helping to maintain a healthy cardiovascular system\*
- Helps keep cholesterol level in the normal, healthy range\*
- Helps maintain normal, healthy blood pressure\*
- Helps support normal, healthy brain function\*
- Offers anti-inflammatory benefits which promote joint comfort\*
- Contains EPA, DHA and flaxseed oil, which promote vibrant and youthful skin\*
- Promotes lowered triglyceride levels\*

\* These statements have not been evaluated by the Food and Drug Administration. These statements are not intended to diagnose, treat, cure or prevent any disease.



Keep out of reach of children. Do not use if seal is broken. For information on this product, please contact your health care professional. Store with care or as directed by a health care professional. **Super Omega-3 Dietary Supplement** is a dietary supplement which has two (2) soft gel capsules daily with meal or as directed by a health care professional. Store with care or as directed by a health care professional. **Super Omega-3 Dietary Supplement** helps support normal, healthy brain function. **Super Omega-3 Dietary Supplement** helps ensure the blood platelets glide across each other properly, thereby helping to maintain a healthy cardiovascular system. **Super Omega-3 Dietary Supplement** helps keep cholesterol level in the normal, healthy range. **Super Omega-3 Dietary Supplement** helps support normal, healthy blood pressure. **Super Omega-3 Dietary Supplement** helps support normal, healthy brain function.

Medifast  
**Super Omega-3**  
Dietary Supplement  
Enteric Coated  
Super Concentrated  
\* 200 mg EPA  
\* 480 mg DHA  
Plus Organic Flax  
60 SOFTGELS

Supplement Facts	
Serving Size 2 Softgel Capsules	
Servings Per Container 30	
Amount Per Serving	% Daily Value*
Calories 25	Calories from Fat 25
Total Fat 2.5 g	4%
Sodium 0 mg	0%
Total Carbohydrate 0 g	0%
Protein 0 g	
Vitamin E (as d-alpha tocopherol)	67%
Fish Oil Concentrate 2440 mg	†
EPA (Eicosapentaenoic Acid) 720 mg	†
DHA (Docosahexaenoic Acid) 480 mg	†
Organic Flax Seed Oil 100 mg	†
ALA (Alpha Linolenic Acid) 50 mg	†
LA (Cis-Linoleic Acid) 12 mg	†
Oleic Acid 15 mg	†

\* Not a significant source of calories from fat, saturated fat, cholesterol, fiber, sugars, Vitamin A, Vitamin C, calcium or iron. Percent Daily values (DV) are based on a 2,000 calorie diet. † Daily Value Not Established.

**Other Ingredients:** Gelatin, glycerine, and purified water (capsule), aqueous based coating solution (enteric coating). Contains Soy.

**Contains No Added:** sugar, salt, dairy yeast, wheat, gluten, corn, preservatives, artificial colors or flavors.

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