

What Can You Do for Your **Heart**?

Heart-Health Benefits

Wholemega® provides effective heart-health support.* One serving of Wholemega per day† has been clinically shown to help retain healthy triglyceride levels.* Triglycerides are a form of stored fat found in the bloodstream and body tissues. Keeping these levels in a healthy range is important for helping to support the health of the cardiovascular system.*

In addition, one serving of Wholemega per day† has been clinically shown to improve the Omega-3 Index, a studied marker of **heart health**.* The Omega-3 Index indicates the percentage of beneficial Omega-3 fatty acids among the total fatty acids in the red blood cell membranes.

Restoring the Omega-3 to 6 Balance

Omega fatty acids include the “good fats” found in fish and other sources. Our bodies use Omegas for fuel and energy storage. Health experts generally recommend that consumption of Omega-3 and Omega-6 be balanced. The ideal ratio of these dietary fats may be as low as 1 to 1. However, the typical Western diet over-delivers Omega-6, especially in corn-fed meats and refined vegetable oils. *A dietary imbalance of these fats can skew the body's ratio of Omega-6 to Omega-3 as high as 20 to 1.*

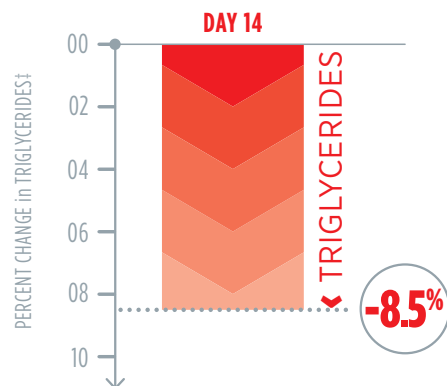
Wholemega can help! Wholemega is clinically shown to improve the ratio of Omega-3's to Omega-6's—helping to support overall health and well-being.*

†2 gram daily serving of Wholemega

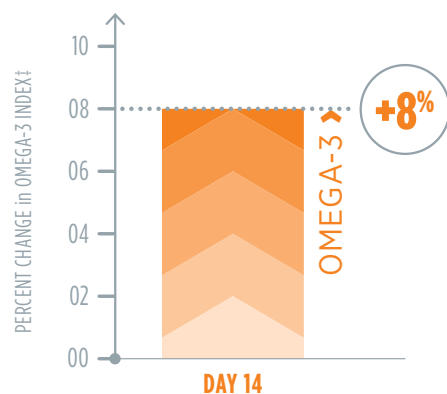
†Data from healthy subjects with normal triglycerides given 2 grams per day in a 14-day study.

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

RETAIN HEALTHY TRIGLYCERIDE LEVELS



IMPROVE YOUR OMEGA-3 INDEX



BALANCING OMEGA-6 TO OMEGA-3 RATIO

