



The Essential Fatty Acids

- ✓ Clinically Proven
- ✓ No Harmful Side Effects
- ✓ No Prescription Required

Three(3) 1000mg softgel capsules contains:

Omega-3 Fatty Acids EPA + DHA 990 mg

Pharmaceutical Grade and Therapeutically Dosed

Omega-3 is a type of polyunsaturated fatty acid found in fish oil which has been shown to support optimal health. The most important of these, *eicosapentaenoic acid* (EPA) and *docosahexaenoic acid* (DHA), are usually lacking in the typical modern diet. Medical professionals recommend between 300mg and 1000mg of EPA + DHA per day.

Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.

In 2004 the FDA announced that it would allow an expanded health claim on products containing omega-3 fatty acids. According to former FDA Commissioner Dr. Lester M. Crawford, "Coronary heart disease is a significant health problem that causes 500,000 deaths annually in the U.S." Research shows that consuming EPA and DHA combined may be beneficial for moderating blood pressure, a risk factor for CHD (coronary heart disease). However, the FDA has concluded that the evidence is inconsistent and inconclusive. One serving (3 capsules) of Proform™ provides 990 mg of EPA and DHA, along with other omega-3 fatty acids.

Omega-3 May Help Support:

- ✓ Metabolic Health
- ✓ Cardiovascular Health
- ✓ Reduced Risk of Hypertension & CHD



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