

# Omega Blue™

Pure Fish Oil + Omega Enhance



## Product Summary

Omega Blue is a clinically proven dose of omega-3 (EPA, DHA, ALA) fatty acid nutrients blended with Young Living's therapeutic-grade Omega Enhance™ blend. Omega Enhance protects the omega-3 fats from oxidation while supplying the activity of the legendary blue (German) chamomile, myrrh, lemongrass, and clove essential oils.

## Product Story

There are good fats and bad fats. Omega-3 essential fatty acids found in fish oil are among the best good fats. Volumes of research confirm that omega-3 fats reduce systemic-inflammation and support cardiovascular, joint, eye and brain health.\* While eating more fish is one way to consume these essential fatty acids, it is important to note that fish is often polluted with mercury and other toxins. A great alternative to fish is to supplement daily with Omega Blue. Not only does this product provide a clinically proven dose of pure, un-concentrated fish oil, it is free from mercury and other toxins. In addition to high-quality fish oils, Omega Blue contains our proprietary Omega Enhance essential oil blend with legendary blue (German) chamomile and myrrh oil to support a healthy inflammatory response.\* Lemongrass oil provides cardiovascular protection and supports healthy cholesterol levels, while clove and myrrh oil provide added antioxidant support.\* The Omega Enhance blend strengthens omega-3 fats and makes Omega Blue at least ten times more stable than other fish oils. What's more, a Precision Delivery coating triples omega-3 absorption by releasing these stable, bioactive nutrients directly in the intestines.

## Primary Benefits

- + Omega-3 fats offer unparalleled support for healthy heart, circulatory, eye, brain, and joint function.\*
- + Studies show that fish oil is helpful in alleviating skin, respiratory, and autoimmune disorders.\*
- + Clove oil is nature's strongest antioxidant and richest source of eugenol.\*\* Research indicates that clove protects fish oil to ensure freshness and prevent rancidity.
- + Precision Delivery softgels release fish oil in the intestines for three times more absorption and no aftertaste.

\*\*As measured by ORAC testing

## What Makes This Product Unique?

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. Omega Blue contains the Omega Enhance blend of blue (German) chamomile, lemongrass, myrrh, and clove essential oils. This essential oil blend delivers a number of health benefits, including the very best antioxidant protection from clove and myrrh oil, the two highest ranking substances on the ORAC scale. The Omega Enhance blend also

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keeps the fish oil ten times more stable to ensure freshness throughout preparation, while in the softgel, and during metabolism.

It is also important to find a fish oil with natural ratios of omega-3 fats (EPA and DHA). EPA should represent about 14–18 percent of the fish oil and DHA between 8–12 percent. Higher ratios can indicate the fish oil may have undergone further processing, which can increase rancidity and concentrate fishy flavor.

## Who Should Use This Product?

Omega Blue may be used by children and adults for a daily clinical dose of omega-3 fats.

## Did You Know?

- + Young Living's fish oil is harvested from small fish in pristine waters and is free of heavy metals (mercury, lead), PCBs, and dioxins
- + Lemongrass oil has been clinically shown to support normal cholesterol levels and *The Complete German Commission E Monographs* lists lemongrass oil as an essential oil that is used for disorders and discomforts of the gastrointestinal tract.\*
- + Myrrh oil has high levels of sesquiterpenes, a class of compounds that have a direct effect on the hypothalamus, pituitary, and amygdala, or the seat of our emotions.\* Myrrh oil is the second highest ranking substance on the ORAC scale preceded only by clove essential oil.
- + Fish oils and omega-3 fatty acids have been shown to help children who cannot focus while at school.\*

## Key Ingredients

Pure fish oil and blue (German) chamomile, lemongrass, myrrh, and clove essential oils

## Key Scientific Studies

- + Clemens von Schacky, "N-3 Fatty acids and the prevention of coronary atherosclerosis," *Am J Clin Nutr.* (2000); 71 224S–7S.
- + G. L. Nielsen, et al., "The effects of dietary supplementation with n-3 poly unsaturated fatty acids in patients with rheuma-toid arthritis: a random-

ized, double blind trial," *Eur J Clin Inves.* (1992) 22, 687–691.

- + C. E. Elson, et al., "Impact of Lemongrass Oil, an Essential Oil, on Serum Cholesterol." *Lipids.* (1989)24; 8.
- + H. Safayhi, et al., "Chamazulene (found in blue chamomile): An Antioxidant-Type Inhibitor of Leukotriene B4 Formation." (1994); 60 410–413.

## How To Use

Take 1 softgel capsule three times daily or as desired.

## Caution

If pregnant or if you have a medical condition, consult with a healthcare professional before use.

## Complementary Products

Omega Blue, NingXia Red<sup>™</sup>, Longevity<sup>™</sup>, and Balance Complete<sup>™</sup> make up Young Living's Core Essentials complete program.

## 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.*

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.*

Q Why do you enteric coat your fish oil?

A *Omega Blue's Precision Delivery softgels are coated to protect the fish oil from oxidation and stomach acids and to time-release the oils in the intestines.*