# Advanced Omega



### FAQ

#### Q: What are the benefits of Advanced Omega™?

- A: Promotes a higher functioning brain\*
  - Improves circulation\*
  - Helps manage inflammation response\*

#### Q: How do you recommend using Advanced Omega?

A: Take 3 softgels daily with food and water.

## Q: What makes Advanced Omega different from other fish oil products?

A: Advanced Omega provides a blend of three essential Omega-3 fatty acids, while most fish oil supplements only contain one or two.\*

#### Q: Should I eat food before taking Advanced Omega?

A: Yes, it is recommended to eat food before taking Advanced Omega.

#### Q: What are the key ingredients in Advanced Omega?

A: The key ingredients in Advanced Omega are EPA (Eicosapentaenoic acid), DHA (Docosahexaenoic acid), and DPA (Docosapentaenoic acid).

#### Q: What fish are included in the Advanced Omega fish oil?

A: The fish oil in Advanced Omega comes from wild-caught sardines, anchovies, and mackerels.

#### Q: Does Advanced Omega have a fishy aftertaste?

A: No, Advanced Omega contains lemon oil to ensure no fishy aftertaste.

#### Q: Where is Advanced Omega made?

A: Advanced Omega is made in the United States in a GMP (Good Manufacturing Practices)-compliant facility.

#### Q: How is the marine oil in Advanced Omega sourced?

A: Advanced Omega contains fish oil that is wild-caught and Friend of the Sea certified. This certification protects sustainable fish stock by requiring no endangered species be used, while fishing only in season, and within a specified quota.

#### Q: Does Advanced Omega contain shellfish?

A: No, Advanced Omega does not contain shellfish products.

#### Q: Does Advanced Omega contain soy?

A: No, Advanced Omega is soy-free.

#### Q: Does Advanced Omega contain nuts?

A: No, Advanced Omega is nut-free.

#### Q: Does Advanced Omega contain dairy?

A: No, Advanced Omega is dairy-free.

#### Q: Does Advanced Omega contain gluten?

A: Yes, Advanced Omega contains gluten.

## Q: Does Advanced Omega contain caffeine or stimulants?

A: No, Advanced Omega is stimulant-free.

#### Q: Is Advanced Omega vegan-friendly?

A: No, Advanced Omega is not vegan-friendly.

## Q: Can you use Advanced Omega if you are pregnant or nursing?

A: We recommend consulting with your physician about any supplement if you are pregnant or nursing.