

Omega-3 Fish Oil *for* Eye Health



NORDIC[®]
NATURALS 

What Are Omega-3s?

The omega-3 essential fatty acids EPA and DHA cannot be produced by the body in sufficient amounts, and therefore must be obtained daily through diet or supplementation. Today, however, omega-3s are almost absent from the typical Western diet. Most people are deficient in EPA and DHA because they do not regularly consume enough cold-water fish. Even those who consume fish often get insufficient omega-3s because much of the fish is farm raised and low in these essential nutrients.

Why Quality and Potency Matter

- Poorly manufactured fish oil will easily turn rancid causing “fish repeat”
- Rancid oils are a source of harmful free radicals
- Effective distillation is critical to removing impurities
- Desired results cannot be achieved without sufficient levels of EPA and DHA

Omega-3s (EPA+DHA) Promote Ocular Health by:

- Helping the body maintain normal eye function as we age*
- Maintaining fluid and healthy ocular cell membranes*
- Supporting normal levels of tissue moisture and tear production*

Why Nordic Naturals?

- Backed by Clinical Research
- Proven Purity & Freshness
- Great Taste = Compliance
- Boat-to-Bottle Management
- Dedicated to Family Ownership

* 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.

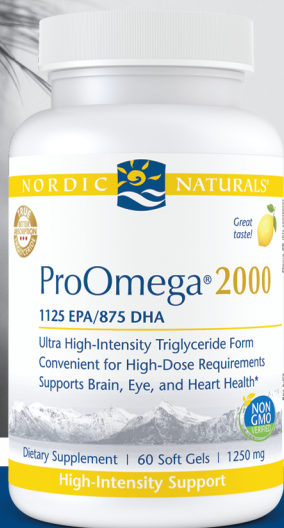
Dry Eye Syndrome

Over 10 million Americans suffer from Dry Eye Syndrome (DES). Characterized by chronic, persistent inflammation of the ocular tissues, DES is a serious condition that is often experienced as painful burning, dryness, and redness in and around the eyes. Until recently, there have been few non-pharmaceutical solutions that address DES. Recent research on diets rich in the omega-3 essential fatty acids EPA and DHA have lead researchers to hypothesize that a deficiency of EPA and DHA is a risk factor in the development of DES.*

“I use ProOmega from Nordic Naturals for my patients with dry eye syndrome. The response has been overwhelmingly favorable. My contact lens patients in particular are able to enjoy a more comfortable and longer wearing time.”

Lorie Lippiatt, OD
Salem Eye Care Center





ProOmega® 2000

Concentrated fish oil formula gives you more omega-3s in fewer soft gels

- 2000 mg EPA+DHA per 2 soft gels (ProOmega 2000) or 2200 mg EPA+DHA per 4 soft gels (ProOmega)
- Supports tear production*
- Protects eyes from oxidative stress and damage*
- Provides concentrated EPA and DHA for healthy ocular tissue*

The omega-3 DHA accounts for approximately 30% of the total fatty acids found within the eye.



ProDHA Eye®

Concentrated DHA fish oil with FloraGLO® Lutein for additional eye support

- 845 mg DHA, 360 mg EPA per 2 soft gels
- 20 mg Lutein and 4 mg Zeaxanthin in each serving
- Supports healthy tissue moisture and tear production*
- Provides natural pigment to ocular cells*

Age-Related Degeneration

Within the eye, the retina and the macula are susceptible to degenerative changes associated with age. A growing body of scientific research indicates that EPA and DHA—the omega-3 essential fatty acids in fish oil—play key roles in maintaining the healthy structure and function of eye tissue.* DHA in particular is abundant in the retina, and its protective action is associated with decreased likelihood of having age-related damage and degeneration of eye tissue.*

Supporting the protective function of omega-3s are the carotenoids lutein and zeaxanthin, whose presence throughout the eye suggests a protective role against damaging ultraviolet (blue) light.* As these natural pigments slowly decrease with age, it becomes necessary to acquire them through diet or supplementation. Clinically proven to support healthy carotenoid levels in the eye, FloraGLO Lutein has been shown to normalize Macular Pigment Optical Density—a marker for overall visual function.*

Current clinically controlled human data support a safe and efficacious role for both fish oil and these natural carotenoids in protecting and promoting healthy eyes.*

Omega-3 from Fish or Flax?

EPA and DHA are the fats that the body needs for health maintenance and enhancement.* While it was once thought that humans could convert plant-based omega-3s (alpha-linolenic acid, or ALA) into long-chain EPA and DHA, research now shows that as little as 1% of ALA converts to DHA. Because of this, fish oil is the most effective and reliable source for these essential omega-3 fats.*

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