



vegan omegas 3-6-9



Did you know?

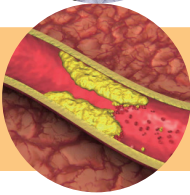
Cultures that eat foods with high levels of omega-3s experience less **mental illnesses**?¹



DHA, a form of omega-3, aids in the **visual** and **neurological development** of infants?²



A diet low in Omega-3s contributes to elevated **triglyceride** (blood fat) levels?³



A deficiency of omega-3s causes a host of skin disorders such as **eczema, psoriasis & acne**?⁴



Omega-3 fatty acids are called **ESSENTIAL FATTY ACIDS (EFA's)** because our bodies cannot produce them naturally, thus they have to be consumed in our diets. But how do we ensure that we supply our bodies with the **correct ratio of omegas 3,6 & 9**?

Organic Vision™ Vegan Omegas 3-6-9 will offer you these
6 AMAZING BENEFITS!



Increase your child's **IQ**



Wake up every day to **better moods**



Lose body fat and **slim down**



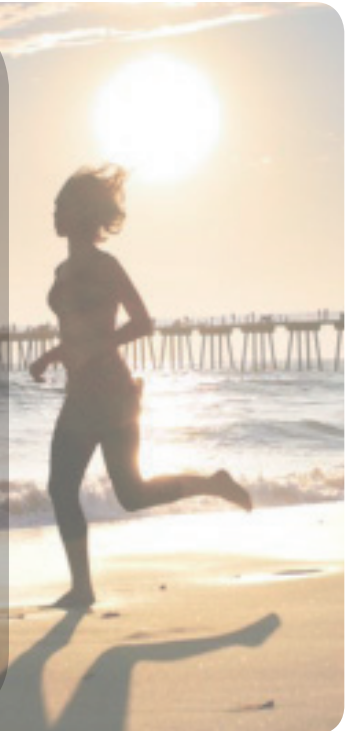
Possess soft, healthy, **clear skin**



Acquire **flexibility** and **agility**



Enjoy tip top **cardiovascular health**



Why it can help you

Cardiovascular

According to the **Harvard School of Public Health**,⁵ following a diet high in omega-3s leads to a higher count of HDL or “good” cholesterol, which in turn decreases the amount of LDL or “bad” cholesterol. This leads to the reducing of buildup of plaque inside blood vessels and improves blood clotting regulation, which **lowers** the risk of developing coronary **heart disease, high blood pressure and stroke**.

A diet rich in omega-3s reduces the risk of developing Type 2 diabetes, as discovered by Dr. Sven of the **University of Virginia**.⁶ 44 Alaskan Inuit with early signs of diabetes-glucose intolerance and excess weight were asked to eat less saturated fats and more marine animals. After 4 years, **none** of the subjects advanced to **type 2 diabetes**.



Cognitive

Researchers from the **University of Maryland-Medical Centre**⁷ have found that ingesting omega-3s leads to a **greater improvement** in symptoms of **bipolar disorder, depression** and **ADHD**. In a clinical study of nearly 100 boys, those with lower levels of omega-3 fatty acids had more learning and behavioral problems eg. temper tantrums and sleep disturbances than those with normal levels omega-3s.



Atopic

The book **International Journal of Dermatology**⁸ states that Omega-3 fatty acids are known for their amazing anti-inflammatory benefits. This helps greatly in **improving inflammatory skin problems** such as acne by decreasing insulin-like growth factor (IGF-1) and preventing hyper keratinization of sebaceous follicles.





Why did Organic Vision choose to use Chia Seed Oil?

- 1.) **Long History:** Chia seeds were already being consumed by humans since 3500 BCE. They were first discovered in the ancient central Americas, namely modern day Mexico, where the Aztecs used them as food, drink, for its oil and medicinal uses.
- 2.) **Modern Discovery:** In the early 1990s, a group of American scientists rediscovered the benefits of ancient Aztec plants and reintroduced it to the agricultural world. Recently, chia seeds have gained tremendous popularity and has become the IT new omega-3 rich super food on the market.

3.) **One of a kind:** In comparison to the other sources of omega-3s in the market, chia seed oil is a superior option, as it: contains the highest ratio of omega-3s, does not spoil easily and does not cause any harm to the environment!

	OV's Chia Seed Oil capsules	Regular Flaxseed oil capsules	Regular Krill oil capsules	Regular Deep Sea Marine Fish Oil capsules
Omega-3s (per gram)	550mg	450-530 mg	230-300 mg	200-300 mg
Organic Ingredients	Yes	Sometimes(depending on the brand)	No	No
Safety	No toxins and side effects	High in phyto-estrogen-lowers testosterone in men	No toxins	May contain farm raised salmon with cancer causing PCBs
Production process	Rich in anti-oxidants, can be stored up to 3 yrs	Flaxseed oil goes rancid easily, must be stored inside the refrigerator	Krill oil goes rancid easily, requires preservatives	Fish oil goes rancid easily, requires preservatives
Environmentally friendly	Yes	Yes	No:Commercial harvesting disrupts food chains and ecosystems	No: Production houses for fish oil causes pollution. Commercial harvesting disrupts ecosystems

What makes Organic Visions Vegan Omegas unique?

- 1.) Ingredients: We use **100% USDA certified organic** cold pressed chia seed oil, all natural without additives
- 2.) Capsule: We use **100% vegan** soft gels
- 3.) High in Omega-3s: contains 0.8-1.75 times more omega-3s than regular fish oil
- 4.) Balanced amount of essential fatty acids: Rich in **ALA (alpha linolenic acid)**, the body will convert this to the right amount of **EPA & DHA** according to its needs
- 5.) The right ratio of omegas: The ratio of **Omegas 6 to 3** in this product is **1: 3.4**. Scientists and nutritionists have suggested that the recommended ratio of omegas 6 to 3 should fall between **1:1 to 4:1**. However, due to the staggering levels of omega-6s in the modern day diet **(16:1)**⁹, we need higher amounts of omega-3s to achieve the right balance

Directions for Use — This product is suitable for men and women.
Maintenance of optimal health: Take **4 capsules** per day. Increase or decrease dosage according to your needs

For more details, contact me:



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*This product is not a form of medicine, and does not treat any kinds of illnesses. Those suffering from chronic diseases should consult a physician before taking any form of health supplement.