



ARBONNE ESSENTIALS® OMEGA-3 PLUS

For Daily Health

Focus on this: Vegan capsules filled with flaxseed oil and vegetarian DHA derived from algae provide daily omega-3 fatty acids for health and wellness, including mental acuity, eye health and brain function.⁹ Omega-3 Plus is a great choice for those concerned with environmental toxins that can be found in fish-based oils, for vegetarians, and for individuals who want to ensure they are getting their daily dose of omega-3 fatty acids. #2066; \$40 🇺🇸

Talking Points

- Taking 2 capsules per day supports good health of the brain and eyes.
- Fish-sourced omega-3s can contain environmental toxins, whereas plant-sourced omega-3s do not.
- Plant-derived omega-3s mean you won't have the typical "fishy" indigestion that is typical of fish products.
- Our bodies do not manufacture omega-3 fatty acids, so they must be introduced through our diet.



BENEFITS

- Source of omega-3 fatty acids for the maintenance of good health⁹
- Source of docosahexaenoic acid (DHA) for the maintenance of good health
- Helps support cognitive health and brain function⁹
- Helps support eye health⁹

KEY INGREDIENTS

Flaxseed oil (ALA – alpha linolenic acid)

- Flax seed provides omega-3 fatty acid.
- The omega-3 fatty acid in flax seed is ALA, an essential fatty acid.

Algae-derived DHA (docosahexaenoic acid)

- Until recently, commercially available DHA was only found in animal sources; technology has made it possible to source this omega-3 fatty acid directly from algae.
- DHA is required to support the eyes and brain.

ALSO RECOMMENDED

Arbonne Essentials®

Calcium Plus, #2062; \$34

Daily Power Packs for Men, #2052; \$102

Daily Power Packs for Women, #2053; \$102

Spray Vitamin D+B12, #6135; \$40

***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.**



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Supplement Facts

Serving Size 2 capsules
Servings Per Container 30

	Amount Per Serving	% Daily Value*
Calories	15	
Calories from Fat	15	
Total Fat	1.5 g	2%
Flaxseed oil (<i>Linum usitatissimum</i>)	1,000 mg	*
Alpha-Linolenic Acid (ALA)	600 mg	
Marine Algae oil (<i>Schizochytrium spp.</i> , Whole)	300 mg	*
Docosahexaenoic acid (DHA)	100 mg	

†Percent Daily Values are based on a 2,000 calorie diet.

*Daily Value not established.

OTHER INGREDIENTS: cellulose (vegetable), silicon dioxide, rosemary extract (antioxidant).

FREQUENTLY ASKED QUESTIONS

- Q.** Do I have to keep Omega-3 Plus refrigerated?
- A.** No, you do not have to refrigerate Omega-3 Plus. It is formulated to be shelf stable at room temperature.
- Q.** Can I open the capsule of Omega-3 and put the oil in liquids or on foods?
- A.** No. We do not recommend opening the capsules as this will oxidize the nutrients in the oil. Additionally, the oil used can have a strong flavor and would not generally be considered palatable in foods or beverages. We recommend using Omega-3 Plus as directed on the product label.
- Q.** Do I have to take Omega-3 Plus every day?
- A.** Because the body does not have the ability to manufacture omega-3 fatty acids, they must be obtained through the diet. For this reason it can be easy to become deficient in omega-3s, especially if one follows a strictly vegetarian diet. Omega-3 fatty acids are extremely important for many functions in the body and help support general health and wellness as well as brain and eye health.

