

OmegAvail™ Smoothies



Great-tasting, kid-friendly emulsified omega-3 from fish oil

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OmegAvail™ Smoothies are delicious tasting, high potency, emulsified fish oil products with superior bioavailability. They are a great option for children and individuals who prefer not to swallow pills. These products can be easily titrated for different ages and dosing needs to ensure patients get the appropriate amount of these critically important essential fatty acids. OmegAvail™ Smoothies are manufactured using proprietary emulsification technology that significantly reduces the size of fish oil molecules, resulting in enhanced absorption and easy digestion.

The Omega-3 Story

In order to maintain optimum health, our bodies require a variety of different fats. Two of these—omega-6 and omega-3 fatty acids—are dietarily essential. As a result of industrialized farming practices, modern food processing technology and taste preferences, the American diet is very high in omega-6 (n-6) and low in omega-3 (n-3). Anthropological evidence suggests the human body may be best suited to an n-6-to-n-3 ratio of 1:1 ideally and no more than 4:1, yet the current ratio in the Western diet is estimated to be as high as 16-20:1.¹⁻³ This imbalance may play a role in increased risk for cardiometabolic disease and mortality, particularly when combined with a high carbohydrate intake.^{4,5} Correcting this imbalance through foods and supplements may be beneficial for a number of health concerns.

A low n-6-to-n-3 ratio may facilitate a healthy inflammatory response, as n-3 fats are generally precursors to anti-inflammatory prostaglandins whereas n-6 fats broadly speaking are more inflammatory.⁶⁻⁸ Higher intakes of n-3 fats have been shown to reduce platelet aggregation, coagulation and thrombosis, and have been shown to support cardiovascular function more broadly.⁹⁻¹⁵ DHA (docosahexaenoic acid) is the predominant structural fatty acid in the brain, accounting for 40% of all polyunsaturated fatty acids (PUFAs) in the brain (and 50% of the weight of neuronal membranes), as well as 60% of PUFAs in the retina.¹⁶ Both DHA and EPA (eicosapentaenoic acid) are critical for the brain and for neurological function; multiple clinical trials have found a beneficial effect for EPA and DHA supplementation for various neurological and psychiatric disorders.¹⁷⁻¹⁹ EPA appears to facilitate a positive mental outlook, as supplementation has been shown to be beneficial for depression, while DHA may be especially important for a healthy pregnancy and neonatal development.²⁰⁻²⁶

A high n-6-to-n-3 ratio (as evidenced by red blood cell membrane omega-3 index) is associated with obesity and insulin resistance in children.²⁷ Children and adolescents with attention deficit hyperactivity disorder (ADHD) were shown to have lower red blood cell levels of EPA and DHA and a higher n-6:n-3 ratio compared to unaffected children, and these levels were strongly correlated with symptoms.²⁸ Evidence suggests that judicious supplementation with n-3 fatty acids may be beneficial for children under certain circumstances, including for those with obesity or non-alcoholic fatty liver.²⁹⁻³³ With their delicious fruit smoothie flavor, OmegAvail™ Smoothies are an ideal way to introduce these critical fatty acids into the diet of children and adolescents, who often dislike seafood and typically resist the flavor and texture of conventional fish oil products.

The best sources of omega-3 fats are cold water fish like salmon, sardines, and mackerel. The omega-3s that come from marine animals are different from the plant forms (in foods such as walnuts and flaxseed), and the marine forms are the more potent and biologically active ones the body ultimately requires. Since most people do not consume cold water fish regularly, supplementation may be beneficial in order to help maintain a healthy balance of fatty acids.

Omega-3 Fatty Acids

- **Eicosapentaenoic Acid (EPA)** – beneficial for supporting a healthy brain, balanced moods, skin health, a healthy lipid profile (especially triglycerides), and a proper inflammatory response^{19-24, 34-39}
- **Docosahexaenoic Acid (DHA)** – supports proper brain development and function, visual acuity, maintenance of normal triglyceride levels and blood pressure, eye development and a healthy pregnancy for expectant mothers⁴⁰⁻⁴⁶

OmegAvail™ Smoothies carry the TruTG™ seal—your assurance that they contain fish oil in its triglyceride (TG) form, the form found in nature, and is of unmatched potency. Fish oil blends and concentrates bearing the TruTG™ seal are 90% to 100% TG-bound omega-3 oils—40%-50% higher than the industry standard for TG fish oil concentrate products.

Highlights:

- Ideal for children and people of all ages who prefer not to swallow pills
- Easily titrated for individual dosing
- Available in four great-tasting flavors
- No fishy taste or oily texture
- Convenient to use – dissolves quickly for easy mixing in water, juice, or blended beverages; can also be mixed into yogurt or taken alone

OmegAvail™ Smoothies may support:

- Heart health
- Normal cholesterol and triglyceride levels
- Immune system function
- Brain health and development
- Joint mobility
- Healthy skin and hair
- A balanced inflammatory response
- Eye health and development
- A healthy pregnancy

The fish oils in **OmegAvail™ Smoothies** are produced using the latest innovation in EPA/DHA technology to insure purity and absorption.

- **Exceptional freshness** – freshly caught fish are quickly processed within hours, resulting in exceptionally fresh raw fish oil
- **Cold extraction** – process used for the refining of the EPA & DHA fatty acids
- **Minimally processed** – produced to the highest standards of purity and quality
- **Molecular distillation** – removes fishy odor and taste to ensure purity
- **Filtration** – removes PCBs, chlorinated organopollutants and heavy metals

Available in four delicious flavors:

Flavor	Serving Size	EPA/DHA	Other Omega-3s	Total Omega-3s
Lemon Drop Smoothie	2 tsp (11 g)	EPA: 1100 mg DHA: 720 mg	230 mg	2050 mg
Citrus Sorbet Smoothie	1 Tbsp (16 g)	EPA: 910 mg DHA: 590 mg	370 mg	1870 mg
Key Lime Smoothie	1 Tbsp (16 g)	EPA: 910 mg DHA: 590 mg	370 mg	1870 mg
Mango Peach Smoothie	1 Tbsp (16 g)	EPA: 660 mg DHA: 420 mg	270 mg	1350 mg

Lemon Drop Smoothie

Supplement Facts	
Serving Size 11 grams (approx. 2 teaspoons) Servings Per Container 41	
Amount Per Serving	% Daily Value
Calories	50
Total Fat	3.5 g 5%*
Polyunsaturated Fat	2.5 g †
Monounsaturated Fat	0 g †
Cholesterol	20 mg 6%
Total Carbohydrate	4 g 1%*
Omega-3 Fatty Acids (from fish oil)	
EPA (Eicosapentaenoic Acid)	1100 mg †
DHA (Docosahexaenoic Acid)	720 mg †
Other Omega-3 Fatty Acids	230 mg †

*Percent Daily Values are based on a 2,000 calorie diet
†Daily Value not established.

Other Ingredients: Water, xylitol, glycerine, gum arabic, natural flavors, citric acid, xanthan gum, guar gum, potassium sorbate, turmeric (color), vitamin E (as d-alpha tocopherol), and ascorbyl palmitate.
Contains fish (Alaska pollock).

Citrus Sorbet Smoothie

Supplement Facts	
Serving Size 16 grams (approx. 1 Tablespoon) Servings Per Container 29	
Amount Per Serving	% Daily Value
Calories	70
Total Fat	5 g 7%*
Saturated Fat	1.5 g 7%*
Polyunsaturated Fat	2 g †
Monounsaturated Fat	1 g †
Cholesterol	35 mg 12%
Total Carbohydrate	6 g 2%*
Sugar Alcohol	5 g †
Omega-3 Polyunsaturated Fatty Acids (from fish oil)	
EPA (Eicosapentaenoic Acid)	910 mg †
DHA (Docosahexaenoic Acid)	590 mg †
Other Omega-3 Fatty Acids	370 mg †

*Percent Daily Values are based on a 2,000 calorie diet
†Daily Value not established.

Other Ingredients: Water, xylitol, glycerine, gum arabic, natural flavors, citric acid, xanthan gum, antioxidant blend (vitamin E [as d-alpha tocopherol], rosemary extract, ascorbyl palmitate, and green tea extract), guar gum, beta carotene, sorbic acid.
Contains fish (anchovy, sardine and/or mackerel)

Key Lime Smoothie

Supplement Facts	
Serving Size 16 grams (approx. 1 Tablespoon) Servings Per Container 29	
Amount Per Serving	% Daily Value
Calories	70
Total Fat	5 g 7%*
Saturated Fat	1.5 g 7%*
Polyunsaturated Fat	2 g †
Monounsaturated Fat	1 g †
Cholesterol	35 mg 12%
Total Carbohydrate	6 g 2%*
Sugar Alcohol	5 g †
Omega-3 Polyunsaturated Fatty Acids (from fish oil)	
EPA (Eicosapentaenoic Acid)	910 mg †
DHA (Docosahexaenoic Acid)	590 mg †
Other Omega-3 Fatty Acids	370 mg †

*Percent Daily Values are based on a 2,000 calorie diet
†Daily Value not established.

Other Ingredients: Water, xylitol, glycerine, gum arabic, natural flavors, citric acid, xanthan gum, antioxidant blend (vitamin E [as d-alpha tocopherol], rosemary extract, ascorbyl palmitate, and green tea extract), guar gum, sorbic acid, turmeric.
Contains fish (anchovy, sardine and/or mackerel)

Mango Peach Smoothie

Supplement Facts	
Serving Size 16 grams (approx. 1 Tablespoon) Servings Per Container 29	
Amount Per Serving	% Daily Value
Calories	60
Total Fat	4 g 5%*
Saturated Fat	1 g 5%*
Polyunsaturated Fat	1.5 g †
Monounsaturated Fat	1 g †
Cholesterol	25 mg 9%
Total Carbohydrate	6 g 2%*
Sugar Alcohol	5 g †
Vitamin D (as Cholecalciferol)	15 mcg (600 IU) 75%
Omega-3 Polyunsaturated Fatty Acids (from fish oil)	
EPA (Eicosapentaenoic Acid)	660 mg †
DHA (Docosahexaenoic Acid)	420 mg †
Other Omega-3 Fatty Acids	270 mg †

*Percent Daily Values are based on a 2,000 calorie diet
†Daily Value not established.

Other Ingredients: Water, xylitol, glycerine, gum arabic, natural flavors, citric acid, xanthan gum, antioxidant blend (vitamin E [as d-alpha tocopherol], rosemary extract, green tea extract, and ascorbyl palmitate), guar gum, beta carotene, vegetable juice, sorbic acid.
Contains fish (anchovy, sardine and/or mackerel)

Recommended Use:

- **Lemon Drop Smoothie:** Take 11 grams (approx. 2 teaspoons) per day, or as directed by your health care practitioner.
- **Citrus Sorbet Smoothie:** Take 15.9 grams (approx. 1 Tablespoon) per day, or as directed by your health care practitioner.
- **Key Lime Smoothie:** Take 15.9 grams (approx. 1 Tablespoon) per day, or as directed by your health care practitioner.
- **Mango Peach Smoothie:** Take 16 grams (approx. 1 Tablespoon) per day, or as directed by your health care practitioner.

OmegAvail™ Smoothies can be taken alone or mixed in yogurt, juice or other beverages.

For a list of references cited in this document, please visit:

http://catalog.designsforhealth.com/assets/itemresources/OmegAvail_Smoothies_References.pdf

*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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