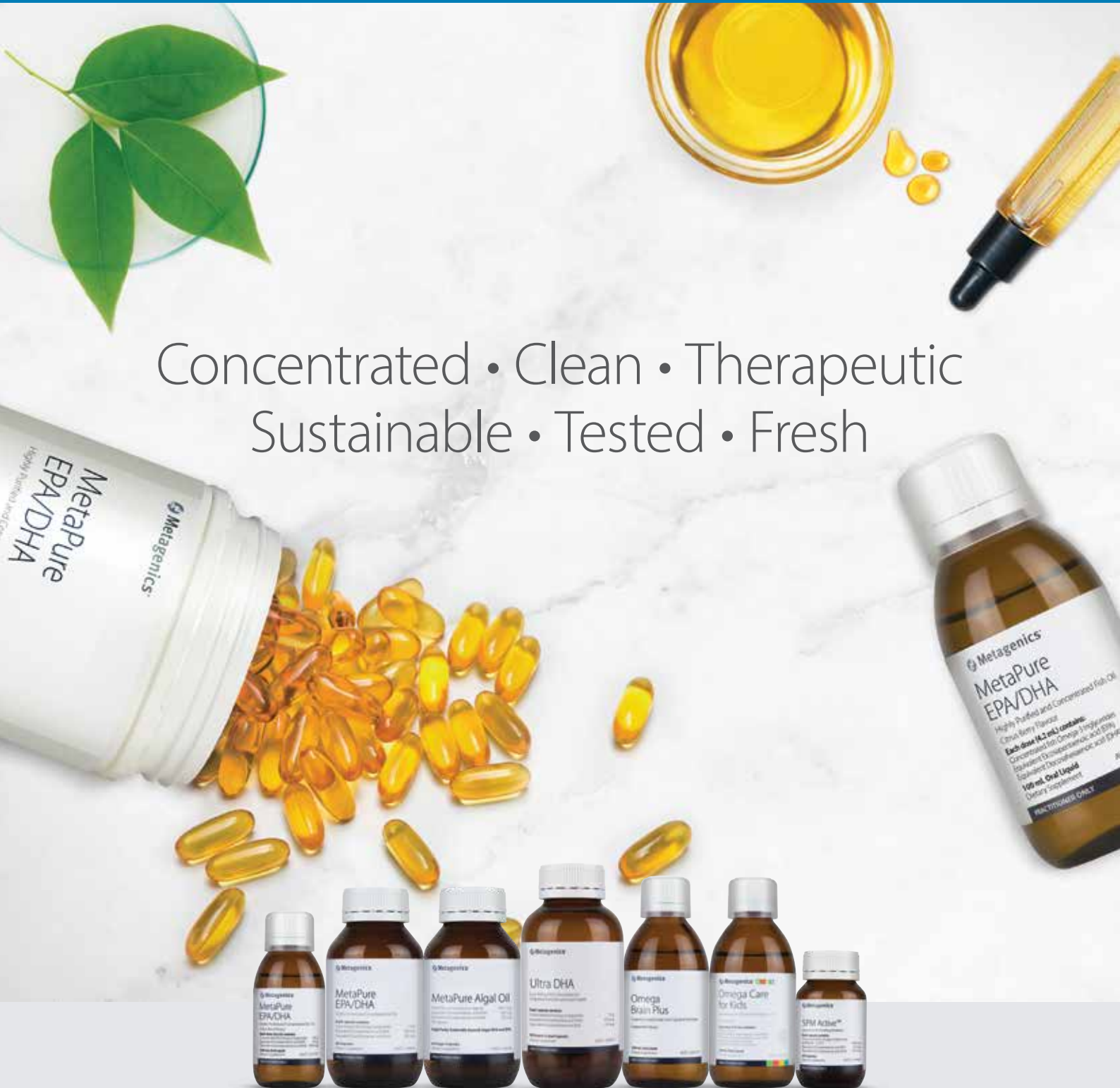


Essential Fatty Acids

High quality, concentrated, pure lipids to suit your patients' needs.

Concentrated • Clean • Therapeutic
Sustainable • Tested • Fresh



Metagenics - The Highest Technology in Purified, Quality Fish Oil

Omega-3 Deficiency Rates are Widespread

Have you ever considered how many of your patients are meeting their daily intake needs when it comes to omega-3 essential fatty acid (EFAs)? A survey of 12,000 Australians found that 80% were not meeting the recommended daily intakes for omega-3 fatty acids.¹

In addition to suboptimal intake, EFA status may also be compromised due to the inadequate production of key omega-3 EFAs, eicosapentaenoic acid and docosahexaenoic acid (EPA and DHA) within the body, caused by inefficient enzymatic conversion of alpha-linolenic acid. This may be inhibited by the following factors:

- Diet, such as high intake of saturated/trans fats
- Excess alcohol consumption
- Elevated stress hormones
- Ageing
- Viral infections and other illnesses²

Why 4 out of 5 Patients Need Omega-3 Supplementation

Through their critical role in healthy cell membrane structure, fluidity and function, and their ability to influence genetic expression and cellular signalling pathways, omega-3 EFAs exert a broad array of systemic health benefits. Not surprisingly, these benefits are backed up by a wealth of scientific evidence, making omega-3 one of the most evidence-based Natural Medicines in existence.

Research shows profound effects across many systems of the body including the brain, the cardiovascular, reproductive and musculoskeletal systems. Figure 1 showcases the scientific highlights of omega-3 and further confirms that 4 out of 5 patients (i.e. the 80% who are deficient) are in need of a high quality omega-3 supplement to relieve their symptoms and optimise their health.³

69%

Naturopathic service users who have taken an omega-3 supplement.⁹

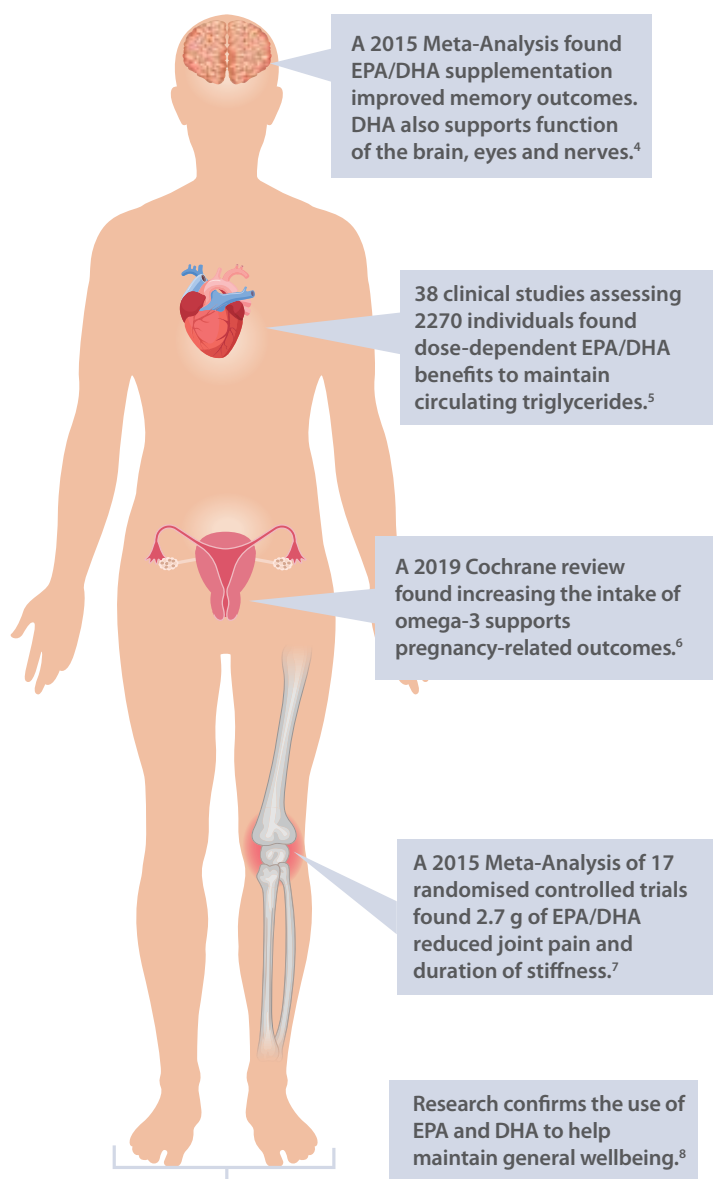
5.3
MILLION

Bottles of omega-3 products sold annually in Australia.¹⁰

1
in 3

People who will seek out Practitioner prescribed products in the retail channel.¹¹

Figure 1: Clinical Benefits of Omega-3 Validated by Science.



Metagenics Have the Premium Quality Fish Oil Solution

Fish oil is one of the most commonly taken supplements with over 5.3 million bottles of omega-3 products sold annually in Australia.¹² Given that omega-3 supplements are commonly purchased by patients without a prescription, do you feel confident that the supplement your patient is taking is a source of high quality, high strength omega-3? Did you know that 1 in 3 people will look for the Practitioner product equivalent in-store?¹³ This means that educating your patients about the importance of taking a Practitioner-only, high quality fish oil

supplement is an important step in helping to ensure your patient complies to their prescription to optimise effective health outcomes.

Metagenics offers a range of sustainable, fresh, purified and concentrated fish oil capsules and liquids manufactured using sophisticated technology to produce a finished product that exceeds industry quality standards. Figure 2 outlines how Metagenics' meticulous manufacturing and testing processes are applied from raw material to finished product to ensure the highest quality. This means you can feel confident, as a Practitioner, that you are providing your patients with a high value, premium fish oil that delivers effective clinical results.

Figure 2: Metagenics Delivering Industry Leading High Quality Standards and Processes.

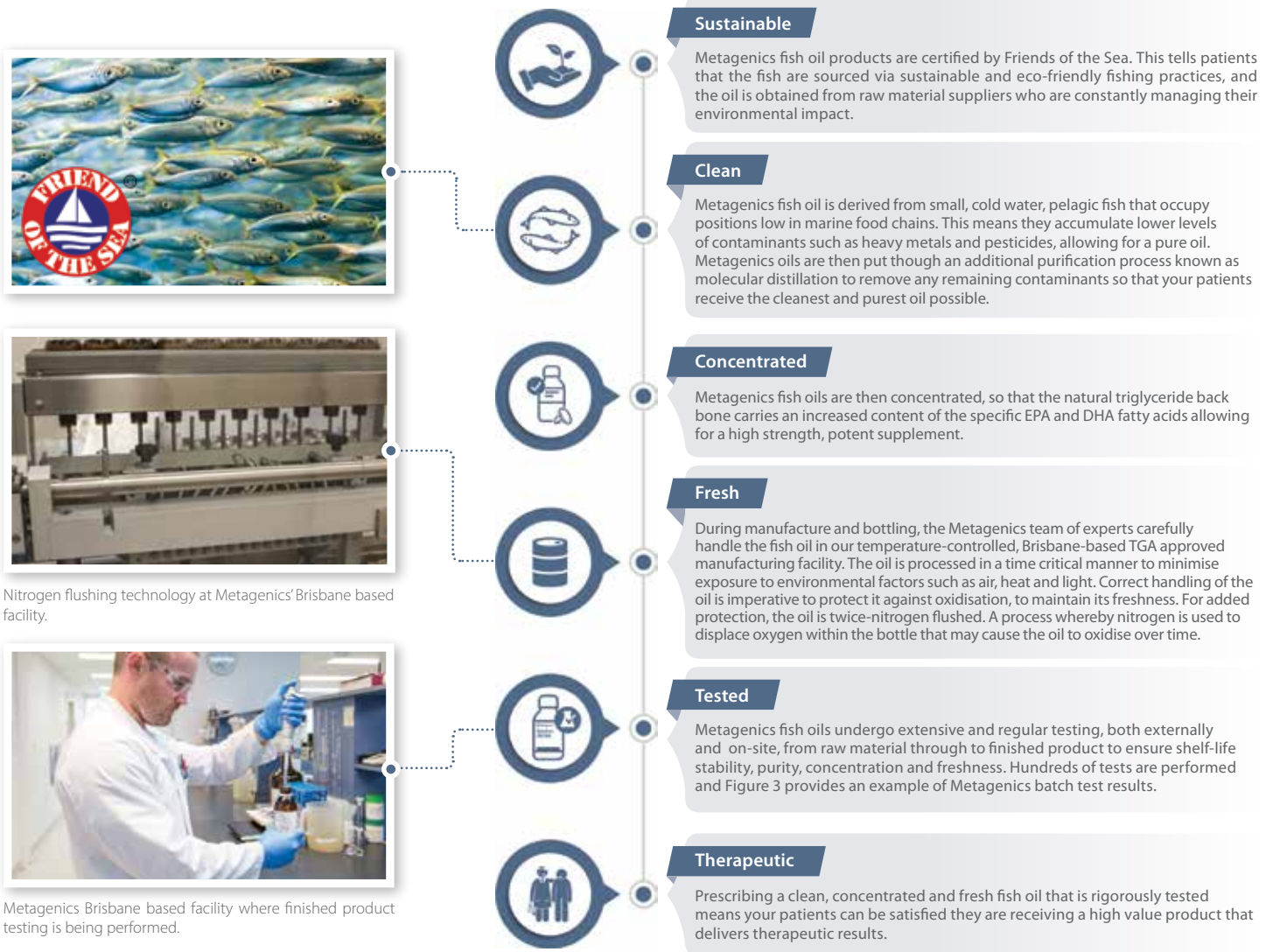
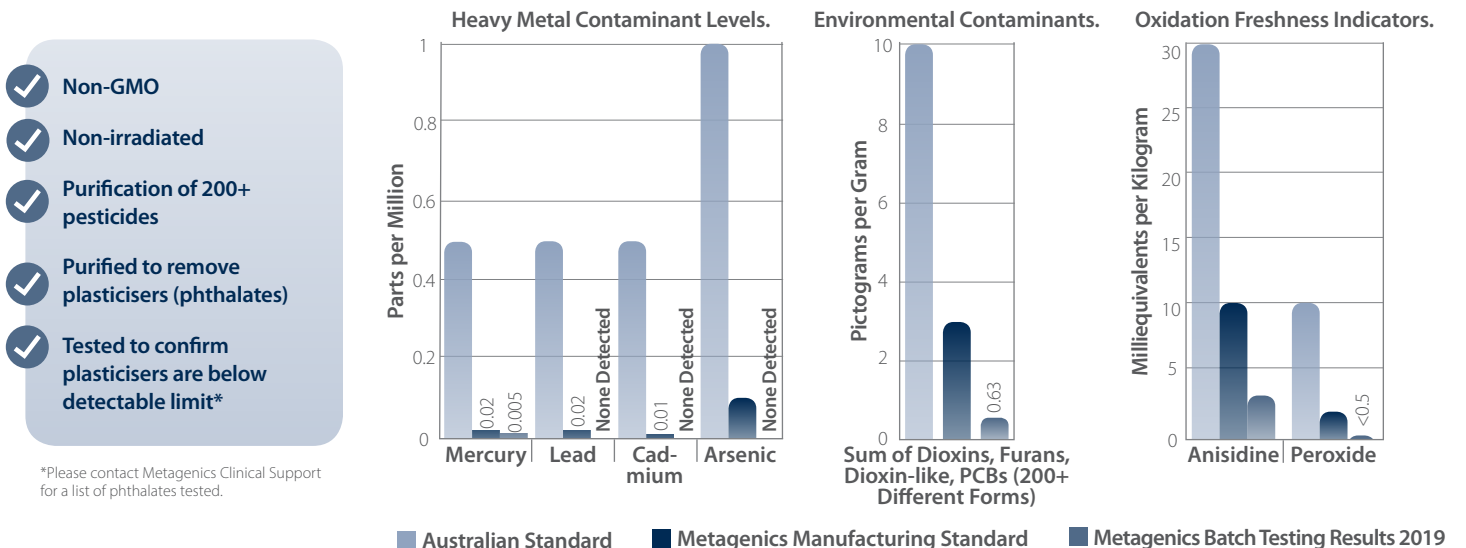


Figure 3: MetaPure EPA/DHA 2019 Metagenics Batch Test Results for Different Substances Tested in MetaPure EPA/DHA.



Metagenics Delivering Highest Quality Technology and Fish Oil

How Do You Tailor Omega-3 Prescriptions for Your Patient?

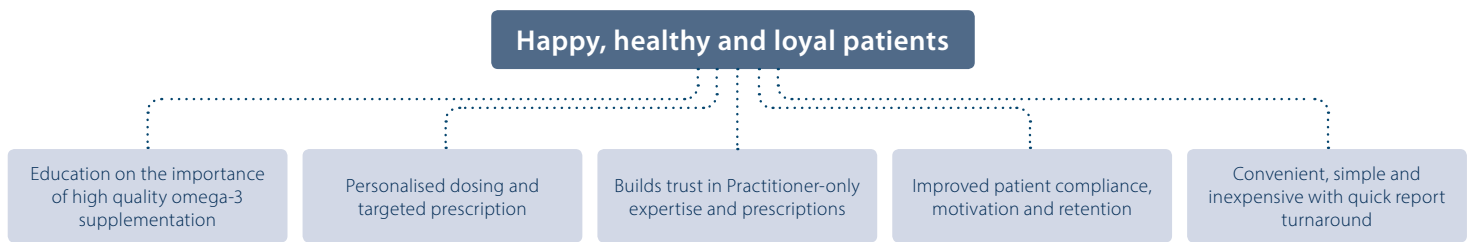
Individual variations in blood omega-3 levels arise for different reasons, however, it is possible to assess and track individual patient omega-3 status through omega-3 index testing. This validated and standardised point of care test is a simple, finger prick test that measures the percentage of EPA and DHA in red blood cell (RBC) fatty acids.

The test reveals markers including:

- Omega-3 index (total combined EPA and DHA)
- Omega-6:omega-3 ratio
- EPA:Arachidonic Acid ratio
- Total trans fats





There are benefits for Practitioners and patients alike when it comes to using this testing (Figure 1).

Figure 1: Improved Outcomes for Both You and Your Patient.



How Do You Determine the Most Suitable Prescription?

To help determine the most appropriate product to suit your patient's index testing results, Metagenics provides solutions as illustrated below.

Product	Key Application	Clinical Indicators
 MetaPure EPA/DHA Capsules/Liquids/Enteric coated	Wellbeing and inflammation	- Triglyceride levels and cardiovascular function ^{14,15} - Wellness program - Cognition ¹⁶ - Mood issues ¹⁷ - Joint health problems ¹⁸ - Inadequate omega-3 index test status
 MetaPure Algal Oil	Vegan source of DHA and EPA*	- Wellness - Pregnancy support - Cognition and mental function
 SPM Active™	Unresolved inflammation	- Chronic/unresolved inflammation - Ageing, i.e. 60+ - Adequate omega-3 index test status
 Omega Brain Plus	Brain and cognitive performance	- Healthy brain function ¹⁹ - Memory support ²⁰ - People experiencing cognitive decline ²¹ - Age-related cognitive issues ²² - Protective against cellular free radical damage ²³ *Kids option also available (Omega Brain Care for Kids)
Other Product Considerations		
Krill Oil	Cholesterol health ²⁴	
Meta Oil	Metabolism and thermogenesis (or add into the Shake It Program) ²⁵	
Omega EFA with Vitamin E	Premenstrual health/skin health and heart health ^{26,27}	
Ultra DHA	Cognitive and neuronal function ²⁸	
PRACTITIONER ONLY ESSENTIAL FATTY ACID PRODUCTS		



*life's® OMEGA is a trademark of DSM.



MetaPure EPA/DHA Capsules

Highly Purified and Concentrated Fish Oil.

Contents: 60 capsules (15 days), 120 capsules (30 days), 240 capsules (60 days)
Order Code: MP60C (60 capsules), MP120C (120 capsules), MP240C (240 capsules)
Storage: Store below 30°C

In healthy people, MetaPure EPA/DHA Capsules have been shown to or may:

- High strength, purified fish oil.
- Temporarily relieve the pain and inflammation from mild arthritis and improve mood and cognition.^{1,2}
- Maintain healthy triglyceride levels and cardiovascular function.^{3,4}
- Convenient capsule form for improved compliance plus Citrus Berry flavour to reduce fishy aftertaste.
- Enteric coated option for those with severe reflux.

Each capsule contains:

Concentrated fish Omega-3 triglycerides	1.0 g
Equivalent Eicosapentaenoic acid (EPA)	500 mg
Equivalent Docosahexaenoic acid (DHA)	200 mg

Directions: Adults: Take 2 capsules twice daily with meals.
To assist in the maintenance of cardiovascular health: Take 1 capsule daily with meals.

MetaPure Enteric contains the same dose of MetaPure fish oil as MetaPure EPA/DHA capsules, in an enteric coated capsule for those with severe reflux.

Order code: MENT60 (60 capsules), MENT120 (120 capsules), MENT240 (240 capsules)



MetaPure EPA/DHA Liquid

Highly Purified and Concentrated Fish Oil.

Contents: 100 mL (23 days), 200 mL (47 days), 500 mL (119 days) oral liquid
 Citrus Berry flavour
Order Code: MP100L (100 mL), MP200L (200 mL), MP500L (500 mL)
Storage: Store below 30°C. After opening store at 2°C to 8°C. (Refrigerate. Do not freeze.)

In healthy people, MetaPure EPA/DHA Liquid has been shown to or may:

- High strength, purified fish oil.
- Temporarily relieve the pain and inflammation from mild arthritis and improve mood and cognition.^{5,6}
- Maintain healthy triglyceride levels and cardiovascular function.^{7,8}
- Easy, once a day prescribing and pleasant Citrus Berry flavour for improved compliance.

Each dose (4.2 mL) contains:

Concentrated fish Omega-3 triglycerides	4.0 g
Equivalent Eicosapentaenoic acid (EPA)	2.0 g
Equivalent Docosahexaenoic acid (DHA)	800 mg

Directions: Adults: Take 4.2 mL daily with meals.
 MetaPure EPA/DHA Capsules may be considered to assist with the maintenance of cardiovascular health.



Clinical Benefits:

A meta-analysis of 17 randomised, controlled trials assessed the effectiveness of EPA and DHA in relieving joint pain and inflammation: The results reported a significant reduction in joint pain intensity, joint swelling, morning stiffness and the number of painful and/or tender joints at a dose of 2.7 grams per day.¹ EPA and DHA exert anti-inflammatory and pain relieving actions via the following mechanisms:

- Suppression of COX-2 expression and the inflammatory cytokines interleukin (IL)-1 alpha and tumour necrosis factor (TNF)-alpha.⁵
- Inhibition of Leukotriene B4 (LTB4) and reduced serum C-reactive protein levels shown in *in vitro* and clinical trials.^{6,7,8}

2.6 grams of EPA and DHA has been shown, in a randomised, placebo controlled study of 138 healthy males, to assist in the maintenance of triglycerides within the normal range. The study reported a significant difference in triglyceride levels by 32% in the group taking 2.6 g of EPA and DHA. The study indicated that there was a direct correlation between increased dosage and improved results.²

A randomised, double blind, placebo controlled trial measured the mood and cognitive effects of fish oil: After 35 days, 2.4 grams of EPA and DHA was associated with an improvement in brain functions associated with attention, particularly those involving the cortical processing. There was also a significant improvement in mood states including anger, anxiety, fatigue and confusion.⁴

High quality, purified fish oil: Metagenics fish oils are sourced from small, cold water fish using eco-fishing practices. The fish oil is molecularly distilled to ensure purity, stability and compliance with low levels of contaminants. In accordance with our leading stance on quality and purity, we have ensured that the fish oil concentrates are well below the Australian allowable levels of heavy metals, pesticides and solvents.

Free from corn, dairy protein, lactose, eggs, gluten, wheat, nuts, yeast, soy protein, starches and salt. Free from artificial colours, flavours and preservatives.



Certified from sustainable fisheries
www.friendofthesea.org



SPM Active™

Specialised Pro-Resolving Mediators.

Contents: 60 capsules (30 days)
Order Code: SPM60
Storage: Store below 30°C

SPM Active™ has been shown to:

- Stimulate resolution of inflammation.¹
- Assist unresolved and chronic inflammatory processes by actively helping the body naturally restore homeostasis.²
- SPM Active™ contains standardised and concentrated specialised pro-resolving mediators (SPMs) exclusive to Metagenics.

Each capsule contains:

Concentrated fish Omega-3 triglycerides (LIPINOVA-11TG™)	498 mg
Equivalent Eicosapentaenoic acid (EPA)	50 mg
Equivalent Docosahexaenoic acid (DHA)	100 mg

Directions for use: Adults: Take 1 capsule twice daily.

Clinical Benefits:

SPM Active™ is a specific and targeted approach to facilitate the resolution phase in patients experiencing inflammation which may be failing to resolve in a timely manner. Unresolved inflammation can lead into low-grade, chronic inflammation that may worsen existing disease states, impair recovery and negatively affect healthy ageing.³ Chronic disease is an increasing health burden and it is now estimated that 1 in 3 Australians live with at least one chronic inflammatory condition including arthritis and other musculoskeletal disorders, cardiovascular disease and diabetes mellitus.⁴ These health issues are characterised by inflammatory processes disrupting healing and driving chronic states indicating the need for SPMs to help support healthy resolution outcomes.

SPMs found in SPM Active™ are lipid mediators that occur naturally in the body and have been found in various human tissue (such as the brain, lymph nodes and synovial fluid).⁵ SPMs orchestrate resolution at the site of inflammation to assist tissue repair, healing, recovery and the return to homeostasis.⁶ These mediators help to:

- Activate the resolution phase.
- Signal to, and recruit certain immune cells and inflammatory mediators.
- Repair damage and clearance of pathogens.
- Prevent further pathological inflammation without immunosuppression.^{7,8}

Despite omega-3 EPA and DHA being precursors of SPMs, they do not possess significant pro-resolving properties.⁹ Metagenics, in collaboration with SPMs experts and world-renowned leaders in the field of resolution physiology, are the first to set the standard for defining SPMs within a therapeutic supplement. Using a refined, patent pending fractionation process, specific SPM fractions are standardised for consistent dosing and therapeutic patient outcomes. The special fraction and ratio is isolated, concentrated and measured for bioactivity to verify the active SPMs 17-HDHA and 18-HEPE. This process is exclusive to Metagenics, providing an inflammation-specific solution that is truly Practitioner-only.

Free from corn, dairy protein, lactose, eggs, gluten, wheat, nuts, yeast, soy protein and starches. Free from artificial colours and flavours.

Lipinova™ SPM's is a trademark of SOLUTEX GC.



Patents: Australia/AU 2013259503
 New Zealand/NZ 702325



Omega-3 Index Test Kit

An Exciting Tool to Validate and Tailor Your Omega-3 Prescriptions!

Contents: Each kit contains: 1 x sample collection card, lancet, bandage, gauze pad, alcohol wipe, return envelope.
Order Code: Australia: OQTK
Storage: Store between 15°C to 30°C

- A simple, easy-to-use, validated test that measures red blood cell (RBC) omega-3 essential fatty acid (EPA and DHA) status to personalise supplemental and diet prescriptions.
- A correlation has been found between an individual's omega-3 index and their risk of certain conditions including cardiovascular health issues.^{1,2}
- Can be used to improve patient compliance and validate Practitioner prescriptions through measuring the impact of supplemental fish oil, such as MetaPure EPA/DHA.

Directions for use:

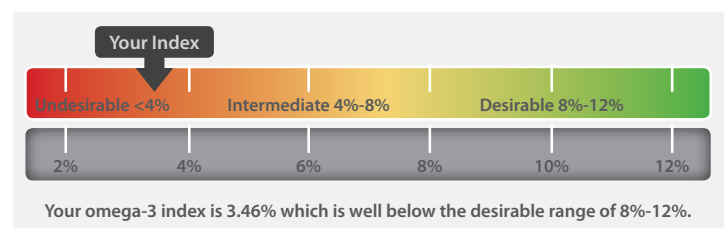
1. Register the test kit: go to www.omegaquant.com/start and complete the easy-to-use online form.
2. Collect the sample: Allocate five minutes during your patient's consultation and follow the step-by-step instructions to collect their sample.
Please ensure that the patient's name as well as the clinic's email address is written on the sample collection card. This ensures you receive the report to discuss with your patient.
3. Mail sample: Insert the patient's sample and collection card in the pre-paid return envelope and drop it in the mail.
Make sure that the sample is mailed on the same day as performing the test.
4. Get results: Within 1 to 2 weeks, you will receive the personalised results via email.
5. Treatment planning: Use the test results and patient consultation history for appropriate prescription.
6. Repeat the test within twelve weeks or less.

Clinical Benefits:

The Omega-3 Index Test is a simple on-the-spot finger-prick test that measures the percentage of EPA and DHA in red blood cell (RBC) fatty acids. The test itself specifically measures: omega-3 index (total combined EPA and DHA); Omega-6:Omega-3 ratio; EPA:Arachidonic acid ratio; and total trans fats.

It is understood that 4 out of 5 patients are not getting enough omega-3 intake, therefore, assessing omega-3 status validates the need for supplementation, as well as identifying those at risk of certain health issues.^{3,4} Monitoring status helps those patients requiring motivation to engage in Natural Medicine interventions and ensures patients return for follow up consultation support. Test results provide opportunity to educate patients on the importance of quality omega-3 supplementation and builds patient confidence in Practitioner expertise and prescription/s. Figure 1 below illustrates an example of a parameter used in the report:

Figure 1: Omega-3 Index Levels Report Excerpt.



Considerations:

- Avoid taking any omega-3 supplementation 12 hours before collecting the sample.
- Persons with bleeding disorders or taking blood thinners should consult their physicians prior to using this kit.
- Do not reuse the kit.
- Fatty acid testing is intended for nutritional status assessment and not to diagnose, cure, treat or mitigate any diseases.

Distributed by Metagenics Australia.



Omega Care for Kids

Natural Source of Essential Omega-3 Oils.

Contents: 200 mL oral liquid (40 doses) Fruity flavour
Order Code: OCK
Storage: Store below 25°C. After opening store at 2°C to 8°C. (Refrigerate. Do not freeze.)

Omega Care for Kids has been shown to or may:

- Assist normal development in young children.¹
- Provides EPA and DHA omega-3 fatty acids.
- Unsweetened fruity flavour fish oil for optimal compliance.

Each dose (5.0 mL) contains:

Natural fish oil	4.6 g
Equivalent Eicosapentaenoic acid (EPA)	826 mg
Equivalent Docosahexaenoic acid (DHA)	550 mg
d-alpha-Tocopheryl acetate	12 mg
Equivalent d-alpha-Tocopherol	17 IU

Directions: Shake well before use. Mix into juice or water, or take directly off the spoon.

Children 0 to 2 years old: Take ½ metric teaspoon (2.5 mL) once daily.
Children 2 to 5 years old: Take 1 metric teaspoon (5.0 mL) once daily.
Children 5 to 12 years old: Take 1 metric teaspoon (5.0 mL) twice daily.

Clinical Benefits:

Essential fatty acids are important for healthy nervous system development. DHA may help support the neurological development of children and support the cell membrane integrity.^{2,3}

Purity and flavour: Omega Care for Kids marine lipid supplement has been manufactured to ensure optimal purity, stability and compliance. The unsweetened fruity flavour helps to mask any unpleasant, fishy aftertaste and to overcome compliance issues in children.

Free from corn, dairy protein, lactose, eggs, gluten, wheat, yeast, soy protein, starches and salt. Free from artificial colours, flavours and preservatives.



Omega Brain Care for Kids

Nutrients for Healthy Brain Development and Function.

Contents: 90 mL oral liquid (18 doses) Peppermint flavour
Order Code: OBCK
Storage: Store below 30°C. After opening store at 2°C to 8°C. (Refrigerate. Do not freeze.)

- High DHA, phosphatidylserine and vitamin D3 formula for brain development and cognition.^{1,2,3}
- High potency and purity, once daily dosing for increased compliance.
- Refreshing, peppermint flavour to eliminate fishy aftertaste.

Each dose (5.0 mL) contains:

Concentrated fish Omega-3 triglycerides	2.3 g
Equivalent to Eicosapentaenoic acid (EPA)	253 mg
Equivalent to Docosahexaenoic acid (DHA)	1.0 g
Lecithin (Soy)	1.7 g
Equivalent Phosphatidyl choline	575 mg
Soy phosphatidylserine - enriched soy lecithin liquid	750 mg
Equivalent Soy phosphatidylserine	150 mg
Colecalciferol (Vitamin D3)	20 µg
Equivalent Vitamin D3	800 IU

µg = microgram

Directions: Shake well before opening.

Children 1 to 4 years: Take ½ metric teaspoon (2.5 mL) daily.
Children 5 to 12 years: Take 1 metric teaspoon (5.0 mL) daily.

Clinical Benefits:

DHA may help to support the development of a normal, healthy brain: DHA is required for cognitive development and is essential for cell membrane flexibility and healthy synaptic function.⁴ DHA is an integral component of neural membrane phospholipids to help modulate functional activity in cortical attention networks of the brain.⁵

Phosphatidylserine may help to support normal healthy brain and nervous system function: The human brain contains high levels of phosphatidylserine, a precursor to acetylcholine which may be involved in memory.⁶

Highly purified and concentrated DHA for clinically effective results: Metagenics fish oils are sourced from small, cold water fish using eco-fishing practices. The fish oil is molecularly distilled to ensure purity, stability and compliance with low levels of contaminants. In accordance with our leading stance on quality and purity, we have ensured that the fish oil concentrates are well below the Australian allowable levels of heavy metals and pesticides.

Free from corn, dairy protein, lactose, eggs, gluten, wheat, yeast, starches and salt. No added artificial colours, flavours and preservatives. Sweetened with Stevia.

Vitamin supplements should not replace a balanced diet.





Omega Brain Plus

Supports a Healthy Brain and Cognitive Function.

Contents: 190 mL oral liquid (19 days) Peppermint flavour
Order Code: OMBP
Storage: Store below 30°C. After opening store at 2°C to 8°C. (Refrigerate. Do not freeze.)

Ingredients in Omega Brain Plus have been clinically shown to or may help to:

- Support normal, healthy brain development and function.^{1,2}
- Improve memory in people with age-related cognitive decline.³
- Sustainably sourced* tocotrienols for protection against cellular free radical damage.⁴

Each dose (5.0 mL) contains:

Concentrated fish Omega-3 triglycerides	2.3 g
Equivalent Eicosapentaenoic acid (EPA)	346 mg
Equivalent Docosahexaenoic acid (DHA)	1.15 g
Lecithin	1.5 g
Equivalent Phosphatidyl choline	520 mg
Soy phosphatidylserine-enriched soy lecithin liquid	750 mg
Equivalent Soy phosphatidylserine	150 mg
Palm tocotrienols complex*	160 mg
Colecalciferol	12.5 µg
Equivalent Vitamin D3	500 IU

µg = microgram

Directions: Shake well before opening.

Adults: Take 1 metric teaspoon (5.0 mL or by measuring cap) twice daily.

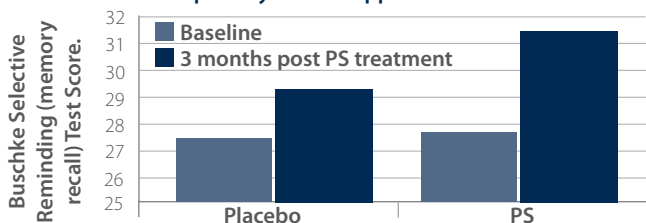
Clinical Benefits:

Omega Brain Plus provides 1000 mg of DHA per teaspoon. DHA is required for brain and cognitive development⁵ and has been shown to modulate functional activity in cortical attention networks.⁶ *Ex-vivo* research has demonstrated a dose dependent increase in erythrocyte DHA composition. A 47% increase was observed after a 400 mg dose compared to a 70% increase after 1200 mg supplementation.⁷

Phosphatidylserine (PS) is a key constituent of brain and nerve cell membranes and may help to improve memory in people with age-related cognitive decline.^{8,9} A double-blind, placebo controlled study using 494 patients, over the age of 65, examined the benefits of 300 mg of PS on men and women with moderate to severe age-related cognitive decline.¹⁰ Significant improvements in behaviour and cognitive performance, including memory recall, were distinguished in the PS group, compared to placebo (Figure 1).¹¹

Omega Brain Plus contains sustainably sourced tocotrienols which may be beneficial in protecting against cellular free radical damage.¹² Tocotrienols are members of the vitamin E family.¹³ A dose of 160 mg of tocotrienols per day has been shown to provide significant reductions in DNA free radical damage as trialled in 64 patients compared to no changes in the placebo group.¹⁴

Figure 1: Improvements in Memory Recall with Phosphatidylserine Supplementation.¹⁵



Cenacchi T, et al. Cognitive decline in the elderly: a double-blind, placebo-controlled multicenter study on efficacy of phosphatidylserine administration. *Aging (Milano)*. 5(2):123-33. 1993

Free from corn, dairy protein, lactose, eggs, gluten, wheat, nuts, starches and salt.

Free from artificial colours, flavours and preservatives. Sweetened with steviol glycosides.

Vitamin supplements should not replace a balanced diet.



*Derived from palm oil which is sourced from a member of the Round Table on Sustainable Palm Oil (RSPO)

NEW



MetaPure Algal Oil

High Purity, Sustainably Sourced, Vegan DHA and EPA.

Contents: 60 tapioca-based softgel capsules (30 days)
Order code: ALG60
Storage: Store below 25°C

Ingredients in MetaPure Algal Oil has been shown to:

- Provide a sustainable and pure source of vegan omega-3 fatty acids for health and wellbeing.
- Support cognitive and mental function.
- Maintain a healthy pregnancy.

Each capsule contains:

DHA/EPA rich Schizochytrium algal oil	962.7 mg
Equivalent Docosahexaenoic acid (DHA)	300 mg
Equivalent Eicosapentaenoic acid (EPA)	150 mg

Directions: Take 1 capsule twice daily with food.

Clinical Benefits:

MetaPure Algal Oil provides a vegan source of omega-3 essential fatty acids (EFAs) derived from algae, encapsulated in tapioca-based softgels.

Algae-rich EFAs exert the same therapeutic benefits as EPA and DHA derived from traditional fish oil. MetaPure Algal Oil is sourced from algae grown under closed and controlled conditions ensuring the algae are not exposed to environmental contaminants present in oceans. MetaPure Algal Oil is rigorously screened for contaminants such as heavy metals (cadmium, lead, mercury and arsenic) and oxidation (anisidine and peroxide) ensuring purity levels that significantly exceed TGA standards, delivering a fresh and pure product.

MetaPure Algal Oil contains vegan-friendly DHA, which is required for brain, nervous system and cognitive health.¹ DHA is integral to neural membrane phospholipid composition in the brain, retina and neural tissues,² making DHA an essential prescription for people affected by memory or vision related conditions. Both EPA and DHA has been shown to improve cognitive function³ while EFAs have been shown to regulate mood.⁴

DHA is essential for prenatal human brain development⁵ with a deficiency having marked consequences for vision, cognition, cerebellar function, and neurological health.⁶ DHA, is critical for brain growth, which is especially rapid from the third trimester of pregnancy until 18 months after birth.^{7,8} DHA is conferred to infants via the placenta and breastfeeding, however human milk levels of DHA have shown variations relating to maternal dietary DHA intake.^{9,10}

MetaPure Algal oil provides a vegan source of EPA and DHA, ideal for those undertaking sustainable or vegan lifestyles looking to maintain general health. Up to 80 % of Australians are not meeting the recommended daily intake for omega-3 EFAs.¹¹ Omega-3 EFAs play key roles in the body influencing inflammatory mechanisms and the health of cell membranes, the brain and cardiovascular, reproductive, and musculoskeletal systems.^{12,13,14,15,16,17,18, 19,20} Although dietary intake is important, enzymatic conversion in the body to yield EPA and DHA is inefficient, reinforcing the importance of omega-3 supplementation.

Free from animal products, corn, dairy protein, lactose, eggs, gluten, wheat, nuts, yeast, soy protein and salt. Free from artificial colours, flavours and preservatives.

life's® OMEGA is a trademark of DSM.





Ultra DHA

Low Reflux DHA Concentrate for Cognitive Function and Heart Health.

Contents: 90 enteric coated capsules (22 days)
Order Code: UDHAC
Storage: Store below 30°C

In healthy people, DHA concentrate has been shown to or may:

- Improve cognitive and neuronal function.^{1,2}
- Support healthy heart function.²
- Enteric coated to reduce fishy aftertaste.

Each capsule contains:

Concentrated fish Omega-3 triglycerides	1.0 g
Equivalent Docosahexaenoic acid (DHA)	470 mg
Equivalent Eicosapentaenoic acid (EPA)	110 mg

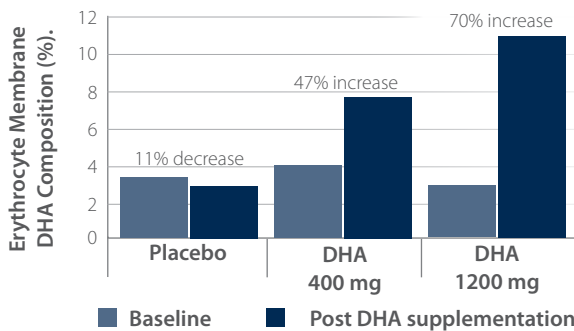
Directions: Adults: Take 2 capsules twice daily.

Clinical Benefits:

May improve cognitive and neuronal function: DHA is a predominant component of neural membranes in the brain and the retina. Omega-3 fatty acids including DHA have been shown in a randomised, double blind, placebo controlled trial to improve cognitive function by decreasing mood states such as anger, confusion, and anxiety.¹ Adequate dietary intake of DHA is particularly important during the third trimester of pregnancy until 18 months after birth to support the brain growth spurt that takes place.² This assists optimal development of the brain, motor skills and visual acuity in the infant. *Ex-vivo* research has shown a 47% increase in erythrocyte DHA composition after 400 mg dosing, compared to a 70% increase after 1200 mg supplementation (Figure 1).³

May support healthy heart function: DHA has been shown to improve endothelial function and decrease resting heart rate.⁴ In an animal study, DHA also demonstrated a reduction in vascular wall thickness.⁵

Figure 1: Dose-Dependent DHA Erythrocyte Uptake.⁶



McNamara RK, et al. Docosahexaenoic acid supplementation increases prefrontal cortex activation during sustained attention in healthy boys: a placebo-controlled, dose-ranging, functional magnetic resonance imaging study *Am J Clin Nutr.* 91(4):1060-7. 2010

Free from corn, dairy protein, lactose, eggs, gluten, wheat, nuts, yeast, soy protein, starches and salt. Free from artificial colours and flavours.



Krill Oil

Scientifically Formulated. For Cardiovascular Health.

Contents: 30 soft gel capsules (30 days)
Order Code: KRL
Storage: Store below 30°C

In healthy people krill oil may:

- Help maintain healthy cholesterol levels.¹
- Assist in the maintenance of healthy LDL/HDL cholesterol ratio.¹
- One a day capsule to improve patient compliance.

Each capsule contains:

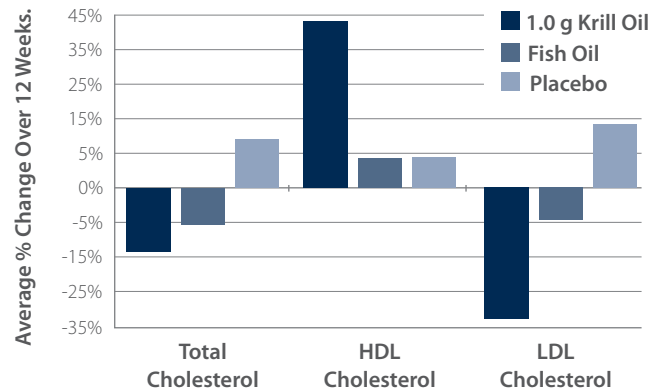
Euphausia superba oil (Krill)	1000 mg
Equivalent Eicosapentaenoic acid (EPA)	100 mg
Equivalent Docosahexaenoic acid (DHA)	50 mg

Directions: Adults: Take 1 capsule daily with food.

Clinical Benefits:

A randomised, double blind, placebo controlled trial was completed on 120 subjects using krill oil. Krill oil may assist in the maintenance of a healthy LDL:HDL cholesterol ratio in healthy people. After 12 weeks, the group taking 1.0 g of krill oil daily had a 13.4% difference in mean total cholesterol, where the group taking 2.0 g of krill oil had an 18.1% difference in mean total cholesterol. Additionally, HDL was also affected (Figure 1).¹ Krill oil may also assist in the maintenance of triglycerides within the healthy range in healthy people. The mechanism behind krill oil's effect on cholesterol may be owed to its unique molecular composition of phospholipids and omega-3 acids.¹

Figure 1: Krill Oil May Help Maintain Healthy Cholesterol Levels.¹



Bunea R, El Farrah K and Deutsch L. Evaluation of the effects of Krill Oil on the clinical course of hyperlipidemia. *Altern Med Rev.* 2004 ;9(4):420-8.

Highly stabilised EPA/DHA with antioxidant properties: Krill oil is high in naturally occurring antioxidant components, such as vitamins A and E and the carotenoid astaxanthin. One of the mechanisms that krill oil may work by is to reduce lipid peroxidation.² Krill oil may help maintain cardiovascular health in healthy individuals.¹ The EPA and DHA found in krill oil are highly bioavailable as they are linked to phospholipids, improving the transport of these fatty acids through the intestinal wall.^{1,2}

Free from corn, dairy protein, lactose, eggs, gluten, wheat, nuts, yeast, soy protein, starches and salt. Free from artificial colours, flavours and preservatives.

Not suitable for patients with a shellfish allergy (krill is a small crustacean).



Meta Oil

**Omega-3, 6 and 9.
To Help Maintain Healthy Metabolism.**

Contents: 200 mL oral liquid (40 days) Orange flavour

Order Code: MO

Storage: Store below 30°C. After opening store at 2°C to 8°C. (Refrigerate. Do not freeze.)

In healthy people, fish oil has been shown to or may:

- Maintain healthy metabolism.¹
- Use in conjunction with the Shake It Practitioner Weight Management Program

Each dose (5.0 mL) contains:

Natural fish oil	2.1 g
Equivalent Eicosapentaenoic acid (EPA)	380 mg
Equivalent Docosahexaenoic acid (DHA)	254 mg
Sesame oil	1.84 g
Linseed oil (Flaxseed oil)	465 mg
d-alpha-Tocopheryl Acetate	11 mg
Equivalent d-alpha-Tocopherol	15 IU

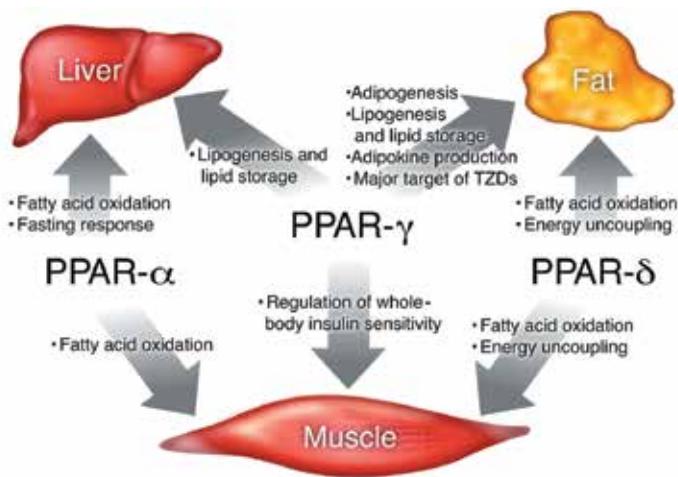
Directions: Shake well before use. Close cap tightly after use and refrigerate.

Adults: Take 1 to 4 metric teaspoons (5.0 mL to 20.0 mL) twice daily.

Clinical Benefits:

PPARs have been shown to activate thermogenesis and increase energy expenditure (Figure 1).³ Fish oil has been shown to activate the Peroxisome Proliferator Activated Receptors (PPARs). The PPARs play a critical physiological role as lipid sensors and regulators of lipid metabolism by reducing fatty acid synthesis, diverting fatty acids into phospholipid synthesis and increasing hepatic uptake of triglycerides.^{4,5}

Figure 1: The Peroxisome Proliferator Activated Receptors (PPARs).³



Free from corn, dairy protein, lactose, eggs, gluten, wheat, yeast, soy protein, starches and salt. Free from artificial colours, flavours and preservatives.

Contains sucralose.

Vitamin supplements should not replace a balanced diet.



Omega EFA with Vitamin E

Odourless Fish Oil, Vitamin E and Evening Primrose Oil for Cardiovascular Health.

Contents: 60 enteric coated capsules (20 days)

Order Code: EFA

Storage: Store below 30°C

Omega EFA and Vitamin E has been shown to or may:

- Relieve premenstrual breast pain.¹
- Support heart health.²
- Enteric coated to reduce fishy aftertaste.

Each capsule contains:

Natural fish oil	500 mg
Equivalent Eicosapentaenoic acid (EPA)	90 mg
Equivalent Docosahexaenoic acid (DHA)	60 mg
Evening Primrose oil	500 mg
Equivalent gamma-Linolenic acid (GLA)	50 mg
d-alpha-Tocopherol	34 mg
Equivalent d-alpha-Tocopherol	50 IU

Directions: Adults: For general health and wellbeing: Take 1 capsule three times daily.

For heart health, mild arthritis, and healthy skin: Take up to 4 capsules three times daily.

Clinical Benefits:

A study of 89 females evaluated the efficacy of evening primrose oil in relieving breast pain: The results reported a significant 75.64% response to evening primrose oil at 500 mg twice per day.¹ An additional clinical trial in 66 women with cyclical breast pain also reported a 97% response rate with evening primrose oil.³

May support heart health: Vitamin E has been shown to support the cardiovascular system in healthy individuals by inhibiting platelet aggregation and adhesion, inhibiting smooth muscle cell proliferation and improving endothelial function.²

Free from corn, dairy protein, lactose, eggs, gluten, wheat, nuts, yeast, soy protein, starches and salt. Free from artificial colours and flavours.

Vitamin supplements should not replace a balanced diet.

Clinical Tools and Resources

Practitioner Resources	 <p>Technical Data</p>	 <p>Protocols</p>	 <p>Health Appraisal Questionnaire (HAQ)</p>	 <p>Resolving Chronic Inflammation Seminar Manual Order Code: SB86</p>	 <p>Clinic Posters Inflammation Order Code: ICP Essential Fatty Acids Order Code: EFACP</p>	
	Available as downloadable resources from the Metagenics website.					
Patient Resources	 <p>Essential Fatty Acids Brochures Order Code: BR30 (Pack of 15)</p>	 <p>Anti-Inflammation Brochure Order Code: BR20 (Pack of 15)</p>	 <p>Public Facebook Page facebook.com/metagenics</p>			
	Digital Tools	 <p>Your Health Guide Patient Podcast</p>	 <p>Metagenics Clinical Podcast</p>	 <p>Join our Practitioner only Facebook Group</p>	 <p>Follow us on Instagram</p>	 <p>metagenics.com.au</p>
 <p>Patient Videos Available on the Metagenics website.</p>		 <p>Practitioner Videos Available on the Metagenics website.</p>	 <p>Functional Foundations Videos Available on the Metagenics website.</p>			
Testing Tools						















Metagenics Clinical Support Team – Phone 1800 777 648 (AUS) or 0508 277 744 (NZ)

Delivering Practitioner to Practitioner support and access an industry leading clinical team with 202 years of combined clinical experience. Available to help save you time and support your business and patient needs.

- Clinical support (i.e. treatment plans/product prescriptions/test results and interpretation/contraindications);
- Writing resources (technical/patient/digital tools);
- Education;
- Researching cases (providing information and evidence to support your research/patient treatment needs).

Essential Fatty Acids Range Summary

	Product Highlights	Page		Product Highlights	Page
	MetaPure EPA/DHA Capsules <i>Highly Purified and Concentrated Fish Oil.</i> <ul style="list-style-type: none"> • 500 mg EPA • 200 mg DHA 	5		Omega Brain Plus <i>Supports a Healthy Brain and Cognitive Function.</i> <ul style="list-style-type: none"> • 1.0 g DHA • 150 mg Soy phosphatidylserine 	8
	MetaPure EPA/DHA Liquid <i>Highly Purified and Concentrated Fish Oil.</i> <ul style="list-style-type: none"> • 2.0 g EPA • 800 mg DHA • Citrus Berry flavour 	5		MetaPure Algal Oil <i>High Purity, Sustainably Sourced, Vegan DHA and EPA.*</i> <ul style="list-style-type: none"> • Vegan omega-3 source • Therapeutic DHA 	8
	SPM Active™ <i>Specialised Pro-Resolving Mediators.</i> <ul style="list-style-type: none"> • Contains standardised and concentrated SPMs 	6		Ultra DHA <i>Low Reflux DHA Concentrate for Cognitive Function and Heart Health.</i> <ul style="list-style-type: none"> • 470 mg DHA • 110 mg EPA 	9
	Omega-3 Index Test Kit <i>An Exciting Tool to Validate and Tailor Your Omega-3 Prescriptions!</i> <ul style="list-style-type: none"> • To test omega-3 index status 	6		Krill Oil <i>Scientifically Formulated. For Cardiovascular Health.</i> <ul style="list-style-type: none"> • 1.0 g Krill Oil 	9
	Omega Care for Kids <i>Natural Source of Essential Omega-3 Oils.</i> <ul style="list-style-type: none"> • 826 mg EPA • 550 mg DHA • Fruity flavour 	7		Meta Oil <i>Omega-3, 6 and 9. To Help Maintain Healthy Metabolism.</i> <ul style="list-style-type: none"> • 380 mg EPA • 254 mg DHA • Orange flavour 	10
	Omega Brain Care for Kids <i>Nutrients for Healthy Brain Development and Function.</i> <ul style="list-style-type: none"> • 253 mg EPA • 1.0 g DHA • Peppermint flavour 	7		Omega EFA with Vitamin E <i>Odourless Fish Oil, Vitamin E and Evening Primrose Oil for Cardiovascular Health.</i> <ul style="list-style-type: none"> • 90 mg EPA • 60 mg DHA • 50 mg GLA • 50 IU Vitamin E 	10

*life's® OMEGA is a trademark of DSM.

