

1. What are the key benefits of taking Omega-3 with Vitamin D₃?

A dynamic supplement providing an abundance of two potent supplements. Omega-3 fatty acids for maintenance of good health, promote brain function, support cardiovascular health.* Vitamin D₃ promotes bone, teeth, immune system and nervous system health while enhancing calcium absorption, helping improve overall quality of life and may help improve mood, especially in winter months.*

- Has a pleasant lemon flavor in an easy-to-swallow gel capsule.
- Helps support cardiovascular and heart health.*
- Helps support brain health and function.*
- Supports the integrity of the gut lining.*
- Supports the gut microbiome.*
- Helps support a healthy immune system—a key contributor to good health.*
- Provides support for healthy triglyceride levels already within normal levels.*
- Supports calcium absorption from vitamin D.*

2. What are the dietary ingredients that make Omega-3 with Vitamin D₃ capsules beneficial?

Omega-3 fatty acid is an essential nutrient, meaning it must be consumed within our diet or by supplementation because our body does not produce it naturally. Intake of omega-3 fatty acids has been identified as one of twelve modifiable behaviors (along with quitting smoking, lowering salt intake, etc.) that can contribute to increased longevity. A study showed that individuals with intake levels of 250 mg per day of EPA and DHA tended to live longer.*

Vitamin D₃ can be produced naturally within the body by regular and direct exposure to sunlight. However, during winter months it is more challenging to get enough sunlight to attain enough vitamin D₃ naturally. Very few foods naturally contain or are fortified with vitamin D.

3. What makes Mannatech's Omega-3 with Vitamin D₃ unique?

Our Omega-3 fish oil product perfectly complements vitamin D because both products are oil-based and can be combined into a single, easy-to-take gel capsule. And vitamin D is a fat-soluble vitamin that can be better absorbed when taken or combined with another fat- or oil-based food or supplement, such as omega-3 fatty acids from fish oil.*

4. Is the vitamin D₃ included in the Omega-3 with Vitamin D₃ in an activated form or inactivated form?

The vitamin D₃ in the Omega-3 with Vitamin D₃ is an inactive form, but once ingested becomes active in the liver and kidney.

5. When should I take Omega-3 with Vitamin D₃?

Take two capsules once daily with 8 oz of water or other liquid.

6. Who is Omega-3 with Vitamin D₃ ideal for?

- Adults who wish to supplement their diet with additional vitamin D₃ and omega-3 for the many potential health benefits supported.
- Adults with limited exposure to regular and direct sunlight, especially those with dark skin pigmentation.

7. Do Omega-3 with Vitamin D₃ capsules need to be kept cool?

Yes, keep this product cool. During periods of hot weather and/or while shipping to areas experiencing hot weather, the capsules may soften and stick together. While product efficacy is unaffected, consuming capsules that stick together, or which have melted together, may be unpleasant. For this reason, we suggest storing the product in a cool place and ordering enough during cooler months to avoid possible heat-related shipping problems during hot weather.

8. What is EPA & DHA?

EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) are considered the two most important omega-3 fatty acids. They are essential nutrients which means they must be obtained through your diet. EPA & DHA are found in many of the body's organs and tissues and are vital to long-term health.

9. What is vitamin D₃ and how is it different from other forms of vitamin D?

Vitamin D has two basic forms, D₂ (ergocalciferol) & D₃ (cholecalciferol). Both forms are natural and equally effective when consumed in moderate amounts. Vitamin D₃, is naturally produced in your skin during exposure to direct sunlight and is thought to be the more beneficial form of vitamin D when consumed in higher amounts. Some animal products such as fish, eggs and fortified milk provide some vitamin D₃ as well. Vitamin D₂ is a plant-sourced form of vitamin D and is the form found in Mannatech's PhytoMatrix®.

10. Many doctors and healthcare practitioners recommend large amounts of vitamin D, in some cases thousands of IUs per day. Why is this product 830 IU per serving?

While some experts recommend quantities of vitamin D that exceed the Institute of Medicine's new recommended daily intake (RDI) of 600 IUs for adults up to 70 years of age, no current research indicates a single larger serving size that would be optimal for the population as a whole.

11. Is Omega-3 with Vitamin D₃ suitable for vegetarians?

Currently, Omega-3 supplements that provide higher and balanced amounts of concentrated EPA and DHA are fish derived. Omega-3 with Vitamin D₃ is derived from fish oil and lanolin and is contained within a capsule sourced from bovine gelatin. Because of this, we would not recommend for vegetarians.

12. Does Omega-3 with Vitamin D₃ contain vitamin A?

Mannatech's Omega-3 with Vitamin D₃ does not contain a measurable amount of vitamin A. The oil in Omega-3 with Vitamin D₃ is made from whole fish, and the livers of these small cold-water fish are very small, so there are only trace amounts of vitamin A in them. Once the oil goes through the molecular distillation, most of the remaining vitamin A is removed.

13. Why didn't Mannatech use a plant-sourced omega-3, like flaxseed?

Plant-sourced omega-3s provide alpha linolenic acid (ALA), which has a shorter fatty acid chain than EPA and DHA. While ALA is healthy and beneficial, most of the benefits associated with consuming omega-3s are related to increased consumption of the longer-chain fatty acids EPA and DHA.

14. What are some of the key features Omega-3 with Vitamin D₃ offers?

Our formula contains naturally-sourced ingredients and is free of gluten, dairy, GMOs and soy. Our product is processed by high vacuum molecular distillation produced according to pharmaceutical standards. It contains ultra-pure omega-3 fatty acids to reduce fishy burps.

*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.