

The omega-3 fatty acids found in fish oil are known as “good fats.” They are vital for human health and well-being, but the body can’t make them. You have to get them through diet or supplementation. New studies are being published almost every day as scientists and doctors learn more and more about how and why omega-3 fish oil is so vital for good health. Here are some important reasons that a good quality fish oil supplement is important in your daily diet.

### Promotes Healthy Joints and Reduces Inflammatory Pain

Omega’s have shown to have powerful anti-inflammatory effects that reduce joint pain and morning stiffness caused by common joint conditions.

### Promotes Cardiovascular Health

According to the American Heart Association, fish oil is effective in promoting heart health and helps to reduce risk factors. Clinical studies of heart attack survivors have found that daily omega supplementation dramatically increases cardiovascular health. Omega’s were also found to inhibit the development of factors that compromise arterial health.

### Promotes Optimal Fat Metabolism

According to the National Institute of Health, omega-3s trigger satiety signals to the brain and help dull hunger signals. Research has also shown that taking a fish oil supplement improved the effects of exercise on burning body fat. Volunteers who were given fish oil showed greater weight loss as compared to those who did not consume fish oil. Exercise combined with fish oil had a positive effect on the body shape and body composition of the patients.

ITG Omegas are essential to take while you are on the 3 Step program. If you have any medical issues about taking omegas please consult your physician.

60 Enteric coated Softgels (1-month supply)

Omega 3-6-9, containing three essential Omega fatty acids in on capsule. Serving 1 2x/day

Omega 3’s -fatty acids are polyunsaturated fats, a type of fat your body can’t make.

Omega 6’s- fatty acids are polyunsaturated fatty acids, so you need to obtain them from your diet.

Omega 9’s- fatty acids are monounsaturated, meaning they only have one double bond. May have benefits for metabolic health.

Other Ingredients: Marine oil (may contain one or more of anchovy, cod, halibut, mackerel, sardine or tuna fish body oils), borage seed oil, gelatin, methacrylic acid copolymers, glycerine, water, hydroxypropylmethylcellulose, DL-alpha-tocopherol.

| Capsules <b>ITG Omega</b> |      |               |
|---------------------------|------|---------------|
| <b>SUPPLEMENT FACTS</b>   |      |               |
| Serving size 1 softgel    |      |               |
| Amount Per Serving        |      | % Daily Value |
| Calories                  |      | 5             |
| Calories from Fat         |      | 4,3           |
| Total Fat                 | .5g  | 0.67%*        |
| Saturated Fat             | .13g | 0.67%*        |
| Trans Fat                 | 0    |               |
| Polyunsaturated Fat       | .23g |               |
| Monounsaturated Fat       | .13g |               |
| Total Carbohydrate        | .07g | <1%           |
| Protein                   | .13g | <1%           |
| Vitamin E                 | 3 IU | 10%           |
| Omega-3 Fatty Acids       | .17g | 170mg         |
| Omega-6 Fatty Acids       | .07g | 70mg          |
| Omega-9 Fatty Acids       | .13g | 130mg         |

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

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These statements have not been evaluated by the FDA. These products are not intended to treat, prevent or cure any disease.