



**FUEL YOUR GREATNESS.™**

## Nature Made® Triple Omega FACT SHEET



### What is Nature Made Triple Omega?

Nature Made Triple Omega delivers a wide range of Omega-3, Omega-6 and Omega-9 fatty acids through a proprietary blend of fish, flaxseed, safflower and olive oils.

Fatty acids are important for maintaining cellular health and are involved in a number of important functions in the body, such as controlling inflammation, support of healthy cardiovascular function and promoting a healthy nervous system. Omega-3 and 6 fatty acids can not be produced by the body and must be obtained through the diet or in a supplement form.

### What are the benefits of taking Triple Omega?

Recent clinical and research findings surrounding heart health continue to make it one of the top health concerns in the country. In search of a safe and effective health solution, consumers are increasingly reaching for essential fatty acids such as those Omega-3 fatty acids found in Nature Made Triple Omega.<sup>1</sup>

Triple Omega delivers three essential omega fatty acids in a convenient easy-to-swallow softgel specially formulated for easy absorption. The Omega-3 fatty acid found in Triple Omega may reduce the risk of coronary heart disease and also help maintain healthy triglyceride levels.<sup>†</sup>

### Where to buy Triple Omega

Triple Omega is available in a 60-count bottle and can be found in food, drug and mass channels. The recommended dosage is one softgel per day, which delivers three essential fatty acids (Omega-3, 6 and 9) in a convenient easy-to-swallow softgel specially formulated for easy absorption.

### Dietary supplement regulation

The dietary supplement industry is regulated by the U.S. Food and Drug Administration and the Federal Trade Commission, as well as by government agencies in each of the 50 states.

### Media contact

Pharmavite News Bureau  
(877) 866-2539  
[pnbpr@porternovelli.com](mailto:pnbpr@porternovelli.com)

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<sup>1</sup> 2005 Gallup Study of Vitamin Use in the US

<sup>†</sup> 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.