



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-3s 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-3 supplementation dramatically increases cardiovascular health. Omega-3s were also found to inhibit the development of factors that compromise arterial health.

**Promotes Optimal Fat Metabolism**

According to the National Institutes 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.

<b>Supplement Facts</b>		
Serving Size 2 softgels		
Servings Per Container 60		
Amount Per Serving	% Daily Value	
Calories	20	
Calories from Fat	20	
Total Fat	2 g	3%*
Cholesterol	10 mg	3%
<b>Omega-3 Fatty Acids</b>		
EPA (Eicosapentaenoic Acid)	320 mg	†
DHA (Docosahexaenoic Acid)	200 mg	†
Other Omega-3 Fatty Acids	80 mg	†
*Percent Daily Values are based on a 2,000 calorie diet.		
†Daily Value not established.		

**Other Ingredients:** Natural lemon flavor, lapasae, mixed tocopherols; bovine gelatin, glycerine, water, camel (natural color) (shell ingredients).

**Contains fish:** Manufactured from anchovy, herring or sardines.

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