

The GNLD Difference: You Decide

Everyone knows the importance of good nutrition and a safe environment. However, so many products today make so many claims that you need to exercise your mind before you make the right choices for your body, your home, and your family.

Omega-3 Fatty Acids—You Need Them, But Where Do You Get Them?

Omega-3 Nutrients: What Is Your Source?

As science continues to point to whole foods and the nutrients they contain as the key to maximizing our health and minimizing our risk of disease, we are empowered to make better nutritional decisions. But when it comes to omega-3 nutrition, these decisions are not always as simple or as safe as they might seem.

Omega-3 fatty acids are the “good fats” that science has shown protect our hearts, keep our joints healthy and flexible, keep our minds clear and sharp, and even slow the rate at which we age. Though we need plenty of omega-3’s in our diets, few of us get enough. Research has shown that the “bad fats” of our industrial diets outpace the good omega-3 fatty acids by a ratio between 20 and 40 to one! That’s a prescription for disease!

Fish: A Controversial Solution At Best

The answer we hear most often to the question of how we fix this health-robbing “good fat/bad fat” imbalance is that we should eat more fish. But it’s not that simple. Not all fish provide these omega-3’s in significant amounts, and not everyone should eat fish in an unrestricted manner.

According to the USDA, many types of fish that are most available to us contain little omega-3 fatty acids. Fresh water fish like catfish or tilapia* have very little (150 mg & 45 mg, O-3 per 3-oz serving respectively.) The same is true for warm- salt-water fish such as Mahi Mahi or Orange Roughy (130 mg & 28 mg, O-3 per 3-oz serving respectively.)¹

Additionally, many fish that are good sources of omega-3 fatty acids are also a health risk if eaten frequently. While this is a genuine risk to all, it is especially true for children and women of child-bearing age, because many fish contain disease-causing toxins such as mercury.

This health risk is so well-established that essentially every national government has developed warnings and provides consumption guidelines. This is also true for state governments including California, Oregon, Utah, and Virginia, and Canadian provinces including Alberta. And according to the Environmental Defense Fund (EDF), regular consumption of most fish is simply not a healthy practice;

they recommend limited consumption due to the presence of PCB and/or mercury. The recommendation is to never eat some fish like Striped Bass, Sturgeon, or Bluefin Tuna, and to limit consumption of others like Orange Roughy and Chilean Seabass to 1-2 times per month.² This health risk was further emphasized in August, 2009 when the US Geological Survey presented their study results that found mercury contamination in every fish sampled from 291 streams across the US!³

Supplements: Are They The Solution?

The answer is yes—and no. Choosing omega-3 supplementation as a tool to improve your bad fat/good fat imbalance can be a safe and good decision—if you choose wisely! Not all omega-3 supplements are necessarily going to give you all the omega-3’s your body needs, all the safety you deserve, nor even any proof they actually work!

GNLD Omega-3 Salmon Oil Plus: Consider these facts

GNLD’s Omega-3 Salmon Oil Plus contains all eight members of the omega-3 family involved in human nutrition and is based on pure salmon oil—one of nature’s richest sources of omega-3 fatty acids. Only the finest, top quality, health-screened, disease-free fish selected for human consumption are used. It is safe, with no risk of accumulated toxins. All sources are screened for more than 200 potential contaminants with an allowable detection limit of ZERO. GNLD’s Salmon Oil Plus is guaranteed to deliver 460 mg EPA, 480 mg DHA, 50 mg DPA, and 80 mg of the other 5 omega-3 fatty acids with every 3-capsule serving. And perhaps most importantly, it has been tested and proven effective in human clinical trials.

So, if omega-3 nutrition is important to you—and it should be—consider the reality of the market, the messages of leading-edge science, the need for peace of mind, and the power of scientific proof as you make your choice. If you do, we think you’ll choose GNLD Omega-3 Salmon Oil Plus—millions of others already have! It’s your health. You Decide.

References:

1. USDA – AHA, *Circulation except as noted** Wake Forest University – July 2008
2. EDF.org/seafood
3. U. S. Department of the Interior: www.doi.gov/news/09_News_Releases/081909.html

What’s So Different About GNLD’s Omega-3 Salmon Oil Plus?

	GNLD SO+	GNC	Pharmanex	Fish
Whole food derived omega-3’s	Yes	Yes	Yes	Yes
All 8 omega-3’s	Yes	No	No	Maybe
State of the science 50/50 DHA/EPA ratio	Yes	No	No	No
Zero tolerance on 200+ contaminants	Yes	Unknown	Unknown	No
Human clinical trials*	Yes	No	No	No
Proven “good fat” bioavailability/utilization*	Yes	No	No	No
Proven cardio-healthy*	Yes	No	No	No
Proven anti-inflammatory balance*	Yes	No	No	No

* Carughi, A. Effect of Omega-3 Fatty Acid Supplementation on Omega-3 Index and Red Blood Cell (RBC) Membrane Fatty Acid Composition. Annual meeting of Experimental Biology; April 2008

* Carughi, A. Effect of Omega-3 fatty acids supplementation on markers of cardiovascular health and inflammation. Annual meeting of the American College of Nutrition; October 2008

* Carughi, A. Effect of Omega-3 fatty acids supplementation on cardiovascular risk factors and inflammatory markers. Annual Linus Pauling Institute’s Diet and Optimum Health Conference; May 2009