

# MAGNA

*Natural Lemon Flavor*

*Supports Cardiovascular and Brain Health*

## Omega-3

**MAGNA** Omega-3 contains more than twice as much eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) as many omega-3 products, but in a convenient once-daily softgel. 1400 mg highly concentrated, purified, fish oil softgel containing EPA 448 mg, DHA 308 mg, & other **omega-3s** 140 mg

- Purified and tested for pesticides, PCBs, mercury, & other heavy metals
- Contains no omega-6s
- Natural lemon flavor, ingest during or after a meal
- Compare **MAGNA** Omega-3 to other more expensive omega-3s:
  - EPA & DHA Strength (the perfect 3:2 ratio)
  - Clarity & Purity
  - Price & Low Cost

**Available in some health specialty stores, or for prompt delivery (24-48 hours to most US destinations).**

**Order online: [www.magnaweb.com](http://www.magnaweb.com) or toll free 1-888-206-5525.**

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Pharmaceuticals, Inc.  
*Accountability •*



## Medical Journal References Regarding omega-3 Cardiovascular Health Benefits

- Omega-3 dietary supplements counter health consequences of red meat consumption containing arachidonic acid (AA), an omega-6 fatty acid that increases systemic inflammation and clogs arteries in humans (*Siddiqui, Harvey, Ruzmetov, Miller, & Zaloga, The British Journal of Nutrition, 2009*). Atherosclerosis is the number one cause of death in the United States (*Venes, Taber's, 2009*).
- In more than 100 clinical studies, investigators demonstrated reduced cholesterol and triglycerides after concentrated omega-3 dietary supplementation (*London et al., Circulation, 2011*).
- In 25 studies involving 280,000 participants, De Caterina (*The New England Journal of Medicine, 2011*) reported an inverse association between fish consumption, blood levels of omega-3 fatty acids, and morbidity or mortality from coronary heart disease. Other positive cardiovascular outcomes: lowered triglycerides, reduced risk of sudden cardiac death, decreased systemic inflammation, slowed buildup of atherosclerotic plaque, and reduced risk of thrombosis and stroke.
- Saravanan, Davidson et al. (*The Lancet, 2010*) presented evidence of omega-3 efficacy in reducing triglycerides and reducing heart failure.
- Recommended effective daily EPA/DHA dosage between 1 gram to 4 grams per day, depending upon triglyceride level acuity and patients' regular dietary consumption of omega-3 fatty fish.
- Omega-3s provide a mild reduction in blood pressure and pulse rate (*Hoy & Keating, Drugs, 2009*)

### Supplement Facts

Serving Size 1 Softgel

Servings Per Container 90

#### Amount Per Serving

#### % Daily Value

Calories 15

Calories from fat 15

Total Fat

1.5 g

3%\*

Fish Oil (from Anchovies (*Engraulidae*) and

Mackerel (*Scomberomorus*)

1,400 mg

#### Fatty Acid Composition

Total Omega-3 fatty acids

910 mg

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EPA (eicosapentaenoic acid)

448 mg

\*\*

DHA (docosahexaenoic acid)

308 mg

\*\*

Other Omega-3 fatty acids

154 mg

\*\*

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

\*\*Daily Value not established

Other ingredients: Gelatin, glycerin, water, natural lemon oil flavor and IPP non-GMO mixed tocopherols.

The statements in this brochure have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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