

Everyone knows the importance of good nutrition and the role supplementation plays in better health and wellness.

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.

The GNLD Difference: YOU DECIDE!

OMEGA-3's:

The Best Or The Rest?

The subject of omega-3 fatty acids is coming up *everywhere* these days. You can find omega-3 references everywhere from health magazines to cereal boxes. More and more research seems to be focusing on these mighty nutrients, and the reason is clear—omega-3 fatty acids play a critical role in overall health. From the previous research emphasizing the importance of omega-3 fatty acids to healthy circulation, healthy joints, and brain power to the newest research showing that omega-3s are fundamental to *all* cells, *all* tissue, and *all* organs, the evidence is clear: These guys are nutritional superheroes!

Exciting new research has revealed that the omega-3 fatty acid family has *eight* members—not just the EPA and DHA that have previously received the most media attention. While EPA and DHA are still considered “star players,” the other six members are critical members of an omega-3 “winning team.”

As the research increases, so do the choices for omega-3 supplements. As more people understand that getting plenty of omega-3 fatty acids is important, they also realize that using only direct dietary sources is not a practical solution. And so there are now *many* choices for omega-3 fatty acids supplements. But is one supplement as good as another? No!

How should you choose the right omega-3 supplement? As usual, it's a matter of asking the right questions. Most people will want a powerful dose of *all eight* omega-3 fatty acids in a small package, a scientifically valid guarantee of quality, an industry-high assurance of no toxicity, and a supplement that won't taste fishy—now or later!

GNLD's Scientific Advisory Board recognized the importance of all of these factors when developing a fantastic new product—Salmon Oil Plus™! Containing all eight members of the omega-3 family, Salmon Oil Plus is packaged in a small, powerful capsule. Its potency is

guaranteed! And that's not all. When considering omega-3 supplements, whether or not they contain toxins such as heavy metals or pesticides is a valid concern. Salmon Oil Plus starts with *only* top-quality, health-screened fish selected for human consumption and continues with 160 screenings for contaminants—with an allowable detection limit of ZERO. Because one of the most common objections to taking an omega-3 supplement is the taste and the “repeating,” GNLD uses molecular differentiation to select the best characteristics and leave behind the worst. The result is an Ultra High Potency Omega-3 fatty acid supplement *without* the fishy taste or repeating.

Your decision to take an omega-3 supplement depends on how many times per week you eat cold-water fish. If the recommended minimum of two servings *per week* seems like a lot to you, the decision should be easy—you need to supplement your diet! But which omega-3 product should you take? Another easy decision: You can choose an incomplete product that does not contain all eight members of the omega-3 family, a product whose quality and potency are not guaranteed, a product that may contain toxins, a product that you will taste now and later—or you can choose GNLD's Salmon Oil Plus. You Decide!

