

# Newest most concentrated and purified Omega-3 Fish Oil by Fortifeye®



- High Potency/Triple Strength.
  - 900 EPA/600 DHA.
  - Natural Triglyceride Form • Molecularly Distilled for Maximum Purity / Natural Lemon Flavor • Pharmaceutical Grade / clinically studied.
  - **Best Value** in the Industry or Triglyceride Form Omega 3.
- Promotes:**
- Heart Health • Brain Health • Eye Health • Joint Health/ Good Circulation • Good Blood Pressure • Healthy Cholesterol and Improved Triglycerides.
  - Skin, Hair & Nail Health / Mental & Cognitive Health / reduction in breast and pancreatic cancer / slows down chromosomal aging.
  - Superior taste, no burp back.
  - No unpleasant odor.
  - Low toxtox (anisidine and peroxide).
  - Unsurpassed purity (Triple Molecular distillation).
  - Independent third party batch testing, every batch is tested for over 250 environmental contaminants.
  - Produced in Norway in the worlds only NSF, GMP certified Omega-3 production facility.
  - Meets or exceeds GMP quality standards, manufactured in a pharmaceutically licensed facility. Tested to ensure it is free of pollutants like heavy metals, organophosphate pesticides, PCBs, Dioxins, Furans, Parathyroids and Toxaphenes.

## Fortifeye® Super Omega™ Omega-3 Fish Oil – Meaningful Points of Difference Summary List



- ▶ The plant where Fortifeye Super Omega-3 is produced in Norway is the only NSF GMP certified Omega-3 production facility in the world.
- ▶ In addition to NSF GMP certification, the plant is drug licensed by The Norwegian Health Authorities.
- ▶ Every batch of Fortifeye Super Omega-3 concentrate undergoes extensive detoxification, including triple molecular distillation.
- ▶ Every batch of Fortifeye Super Omega-3 is produced according to pharmaceutical protocols with full traceability, pharmaceutical quality assurance and quality control.
- ▶ Every batch is third-party tested for over 250 environmental contaminants, including: 6 heavy metals, 220 pesticides, 7 marker PCBs, 15 dioxins & furans and 12 dioxin-like PCBs.
- ▶ The oil is produced in Norway by one of the most experienced teams in the world.
- ▶ EcoFriendly: Fortifeye Super Omega-3 is derived from select species of un-endangered sardines and anchovies.
- ▶ Every batch of Fortifeye Super Omega-3 must pass the testing of a professionally trained sensory panel, assuring superior taste.
- ▶ Fortifeye Super Omega-3 has undergone professional organoleptic testing, which demonstrates it to be the most taste and odor-neutral Omega-3 fish oil on the market.
- ▶ Clinical study results after just 30 days on Fortifeye Super Omega-3, taking two per day, mean blood levels of Omega-3 have increased from 4.2% to 9.1% with some patients as high as 11%! The results are a true testament to the quality of Fortifeye Super Omega-3. The majority of Omega-3 capsules tested did not come close to an 8% Omega-3 score at two a day dosing.
- ▶ Several high profile scientific publications now support having an Omega 3 Test score above 8% as compared to average American scores of 4%. This is the heart healthy zone!
- ▶ Fortifeye Super Omega-3 is being used clinically in many large eye care centers to help improve the quality of the tear film and reduce dry eye symptomology in patients.
- ▶ Fortifeye Super Omega-3 is also being used in conjunction with traditional medical treatment from many other inflammatory conditions in the eye including meibomianitis, blepharitis, conjunctivitis, uveitis and retinitis.
- ▶ Fortifeye Super Omega-3 is being recommended by eye care providers through out the world as a nutritional supplement for macular degeneration. Studies now indicate that increased Omega-3 in the diet from fish or fish oil may reduce the progression of macular degeneration.

# Do you have LOW Omega-3?

Exciting new research is being conducted by the scientific teams at Fortifeye Vitamins and the Holman Omega-3 Test looking at the effects of recommended intakes of Fortifeye Super Omega-3 (2 capsules/day) on the Omega-3 Test Score.

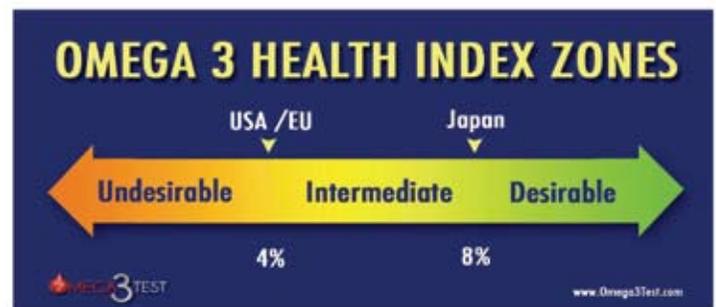
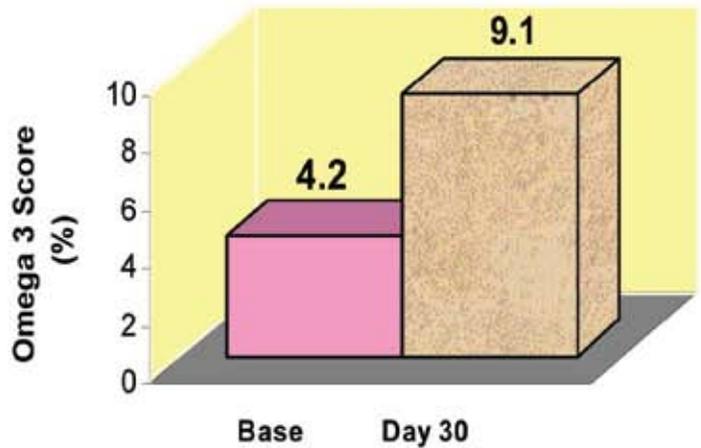
The Holman Omega-3 Test measures the actual percentages or levels of Omega-3 in your blood and helps you to determine your Omega-3 Health! Several high profile scientific publications now support having an Omega-3 Test score above 8% as compared to average American scores of 4-5%. Low omega 3 test scores have been linked to increased risk for heart disease, depression, obesity, eye diseases, breast cancer, dementia, Alzheimer's disease and many more altered health states. Do you have low Omega-3?

One of the main goals of the Omega-3 Test is to help guide you to the Omega-3 Zone with blood values for Omega-3 above 8%. This may not be as easy as you think as many factors weaken our Omega-3 status like diets high in omega 6, disease and oxidative stress. Simply eating fish 'now and then' or taking a smaller dose of fish oil while living on a high Omega-6 diet may not be enough.

In today's market place, many Omega-3 products claim outstanding Omega-3 levels, absorption and delivery but unless you test your blood levels, how do you know how well your supplement, dose and diet are doing for you?? Fortifeye Super Omega-3 is a highly pure triglyceride Omega-3 fish oil concentrate with an outstanding 1600mg of Omega-3 (EPA 900mg, DHA 600mg) in just 2 gel caps! The teams at Fortifeye and the Omega-3 Test have been actively studying the influence of 2 daily capsules of Fortifeye Super Omega-3 on blood levels of Omega-3 and the results have been astounding! After just 30 days on Fortifeye Super Omega-3, mean blood levels of Omega-3 have increased from 4.2% to 9.1% with some patients as high as 11%! The results are a true testament to the quality of Fortifeye Super Omega-3.



## Fortifeye Super Omega: 2/Day



# How to Pick a Good Omega-3 Fish Oil

**Omega-3 is quite a buzz word now.** The world is going through an omega three explosion. You hear about the positive health benefits from increased consumption of omega-3 fatty acids on talk shows, advertisements, health food stores, drug stores, Internet and from your friends and physicians. There are so many different means of obtaining omega-3 fatty acids that it becomes quite confusing. Currently the best and most bio available form of omega-3 fatty acids is derived from marine sources. Fish oil, krill oil and squid oil (calamari) have the highest most bio available forms of omega-3 fatty acids. Fish oil currently has by far the most clinical research linking the positive health benefits to omega-3 out of the three mentioned. The shelves at the super market, health food stores and drug stores are filled with different brands, concentrations and derivatives of omega-3 fish oil. The typical consumer can become very confused when attempting to purchase an omega-3 fish oil and rely on a store clerk with very little education to make a recommendation.

**All Omega-3 fish oil is not created equal!** It is essential to consume only the highest quality purest omega-3 fish oil for optimal health. Recently "Good Morning America" made the public aware of the potential contaminants that are in certain fish oil products sold over the counter. Currently there is an on going lawsuit aimed at some fish oil companies and drug stores that are selling products that had potentially health threatening amounts of contaminants like PCBs in their oils. Only purchase omega-3 fish oil that has been thru a molecular distillation refining process to reduce any potential contaminants.



**The most reputable and experienced fish oil processing plants are in Norway.** Make sure the fish oil is coming from a state of the art production facility based in Norway. The facility should be GMP certified and NSF certified as well. In addition to NSF and GMP certification, the plant should be drug licensed by The Norwegian Health Authorities. These are the highest standards for regulating fish oil factories. Look for something on the bottle that says "Product of Norway".



**What type of fish are being used for the fish oil?** The highest quality omega-3 fish oils are derived from wild caught, non threatened small plankton feeding anchovies, sardines and mackerel from the deep clear pacific waters off the coast of South America. Harvesting these types of fish promotes a truly eco-friendly and sustainable marine source. These are relatively small and young fish that have higher percent of omega-3 fatty acids and characterized by especially low levels of environmental impurities. If the fish oil states the oil is coming from fish that are caught off the coast of Norway or in pristine Norwegian waters or the Atlantic Ocean think twice about purchasing that product. This is a very misleading statement since the Norwegian factories are processing and purifying the crude oil that is sent to them from the fish caught in the Southern hemisphere. They are not catching the fish in the Norwegian waters. Norwegian salmon are not wild salmon they are usually farm raised, stay away from farm raised salmon since they potentially can be high in pro inflammatory fats called omega-6 and can be deficient in omega threes. The reddish orange color of a wild salmon comes from natural astaxanthin

however the orange color in farm raised salmon comes from synthetic astaxanthin. So be careful when purchasing salmon oil unless you know it is coming from wild caught Alaskan salmon. Ask to see an independent analysis of the fish oils especially if using Salmon oil. A-linolenic acid (ALA), omega-3 fatty acids derived primarily from vegetable source should be at less than 1% (average .85) in wild Alaskan salmon, while farmed salmon contain an average of 2-2.5% as a result of the composition of feed they are eating. (According to paper published by Molkentin.) The omega-3 to omega-6 ratio is different in farm raised versus wild salmon as well. And new research showed that, compared with farmed Salmon, wild Salmon had a much more favorable omega 3/omega 6 ratio:

> Farmed Atlantic Salmon had an omega-3/omega-6 ratio of 6.5 to 1 (26% omega-3 fat / 4.4% omega-6 fat).

> Wild Atlantic Salmon had an omega-3/omega-6 ratio of 19 to 1 (26.7% omega 3-fat / 1.4% omega-6 fat).

**Smell and Taste is extremely important**, if something doesn't smell or taste good then the consumer will not consume it. A high quality fish oil will have a very pleasant smell and taste whether it is in liquid form or in a gel cap. The refining process has great impact on smell and taste. Pure unrefined products often times have a very unpleasant sensory characteristic. If you bite into a gel cap and the oil smells and tastes rancid think twice about taking it since the quality may be questionable. Make sure only natural flavoring is used and no artificial sweeteners are used to improve taste, so read the label. The Norwegians have done extensive research in the development of a good tasting natural fish oil. Using a Eco friendly sustainable food source is recommended when looking for a good fish oil. The definition is: "Sustainable development is development that meets the needs of the present without compromising

the ability of future generations to meet their own needs." Using anchovies, sardines and mackerel for omega-3 fish oil is truly an eco-friendly and sustainable source.

**Using a Eco friendly sustainable food source is recommended when looking for a good fish oil.** The definition is: "Sustainable development is development that meets the needs of the present without compromising the ability of future generations to meet their own needs." Using anchovies, sardines and mackerel for omega-3 fish oil is truly an eco-friendly and sustainable source.

Make sure the fish oil has gone thru molecular distillation to refine and eliminate any potential contaminants. Triple molecular distillation process will ensure the highest purity. Independent third party contaminant analysis of each batch should be routinely done. Most reputable fish oil companies can make that available to the consumer with some advanced notice. If the fish oil is not molecularly distilled it may have hazardous levels of contaminants like PCB. Oils that are not refined will very likely contain trace allergens. People with seafood allergies can react to unrefined oils.

**Two types of readily available omega-3 fish oil are ethyl ester and triglyceride.** The natural triglyceride form of fish oil should go thru molecular distillation to purify the oils. A typical natural triglyceride form of fish oil will have a concentration of about 180 EPA and 120 DHA. The synthetic ethyl ester version uses ethanol in the distillation and concentration process during trans-esterification to produce a higher concentration of EPA and DHA. During this process the natural triglyceride back bone is replaced with an ethyl ester backbone. This produces a fairly pure and highly concentrated omega-3 fish oil. This concentrated form of fish oil can obtain 450 EPA and 300 DHA in one capsule. In order to convert the ethyl ester back to the more natural triglyceride form one more step of trans-esterification must





be done to replace the ethyl ester based backbone with a triglyceride backbone the way fish naturally have it in the sea. Many fish oil companies will not go that extra step due to cost! It is almost 50% more expensive to go thru this final step to convert the synthetic ethyl ester fish oil back to a more natural triglyceride based fish oil. Almost all of the leading authorities on omega-3 fish oil will agree that the Triglyceride form is more stable and bio available over the cheaper synthetic ethyl ester version. Most patients using this triglyceride form of fish oil will have less problems with burp back of a nasty fish taste. Ethanol is a free radical and ethanol can potentially



cause free radical damage in the body. The amount of ethanol in this form of fish oil is relatively low (.1%-.5%) but certain groups of populations should be avoiding ethanol completely. Do a quick at home test to see what type of fish oil you have. If fish oil eats thru a styrofoam cup in thirty minutes or less this may be related to the ethanol content. So why not spend a

little extra money and ensure you are getting the most concentrated bio available form of fish oil and take triglyceride based fish oil. If it doesn't say natural triglyceride or TG form then it is probably ethyl ester. Certain European countries like Denmark do not allow the sale of ethyl ester fish oil over the counter only triglyceride form. Ethyl ester fish oil in these countries is controlled with prescription. The overall cost per absorption ratio makes the concentrated Triglyceride form of fish oil a better value than the ethyl ester version.

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Omega-3 fish oil when combined with proper diet, exercise and life style adjustments can be very powerful at promoting wellness.

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Hopefully this helps the consumer and the Doctor when looking for and recommending omega-3 fish oil for its numerous health benefits. Omega-3 fatty acids are a necessity not an option for optimal health. Don't wait, be proactive in your future health and start taking a good omega-3 fish oil today! Fortifeye Vitamins has created Fortifeye Super Omega-3 to fulfill everything discussed in this article. Fortifeye Super Omega-3 is produced by one of the most experienced teams in the industry in the worlds only NSF and GMP certified state of the art fish oil production facility located in Brattvaag, Norway. Fortifeye Super Omega-3 is an ultra refined high potency

Natural Triglyceride form of omega-3 fish oil. Fortifeye Super Omega-3 is consumer friendly with great taste and smell and minimal if any burp back. It was also developed as a chewable for those who have difficulty swallowing pills. Fortifeye Super Omega-3 is being used through out the world with enormous success. The Fortifeye Vitamin Team routinely travels the globe to meet with the worlds leaders in nutrition to further enhance their product line. The Fortifeye Team has just returned in May from a ten day research trip to the Norwegian Coast where they met with some of the worlds leaders in Omega-3 fatty acid production and research. Following this trip some of the advisors in research and development for Fortifeye will be traveling to Europe for the international vitamin conference. Fortifeye stays actively involved in continuous research for the enhancement of their products. Fortifeye Vitamins is currently in the development stages for a new liquid triglyceride based fish oil for kids and adults. They are also in final phases of development of an omega-3 based dry eye supplement called Fortifeye Dry Eye Extreme. You can purchase Fortifeye Super Omega-3 or any of Fortifeye antioxidants thru many eye care and health care providers or go to [www.fortifeye.com](http://www.fortifeye.com). Omega-3 fish oil when combined with proper diet, exercise and life style adjustments can be very powerful at promoting wellness.





## Omega-3 Health Benefits

Discussed by Dr. Michael Lange of Lange Eye Care and Associates

# Will Omega-3 Fatty Acids Make You Healthier?

*Very rarely do traditional medicine and alternative medicine agree on anything.*

However, both tend to believe in the positive health benefits of omega-3 fatty acids. Most health care practitioners in all disciplines are recommending patients consume more cold water fish or take omega three supplements. Omega-3 fatty acids are creating quite a media buzz in regard to the tremendous health benefits of omega-3. There are so many types of omega-3; how does one decide what type to purchase and consume? What is the best omega-3 fatty acid on the market? Fish oil, krill oil, flax seed oil and squid oil all claim to be the best omega-3 available. All of the different sources of omega-3 can be confusing to the consumer as well as the physician. Which omega-3 oils have been studied the most? Where and whom do you trust when purchasing your omega-3 fatty acids?

### Clearing up the confusion surrounding omega-3 fish oils

Recent negative publicity and a class action law suit against many of the omega-3 producers in March 2010 alluded to the fact that many of the fish oils being purchased over the counter at the local vitamin shops, drug stores and commercial warehouse clubs were contaminated with unacceptable amounts of PCB, a persistent organic pollutant banned in 1979 but still present in ocean waters. Around the same time, Whole Foods Markets discontinued all krill supplements sold in their stores due to sustainability

concerns. These two negative omega-3 events have created a lot of confusion surrounding omega-3.

### Fish oil, cardiovascular disease and fatal heart attack

Omega-3 essential fatty acids are crucial for life and essential for optimal health. Demographic studies indicate that populations that consume more fresh fish are less prone to a variety of health conditions. Populations that consume higher than normal levels of cold water fish have less cardiovascular disease and are less likely to have a fatal heart attack. The Inuit Indians of Greenland are an example of a particular culture that consumes a lot of fatty fish and has a very low rate of heart disease.

### Sources of omega-3

The majority of large clinical studies that have documented the positive health benefits of omega-3 fatty acids have utilized fish or fish oil consumption. There are a multitude of positive studies supporting the beneficial health aspects of a higher consumption of omega-3 from fish oil or fish. The FDA has given a "qualified health claim" for omega-3 fatty acids EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) stating "supportive but not conclusive research shows that consumption of EPA and DHA may reduce the risk of coronary heart disease." The medical community has readily embraced these positive health benefits and is prescribing and recommending fish oil supplements to their patients. The increased public awareness regarding omega 3 fish oil has created an omega 3 explosion.



cap and a DHA around 250-300 per gel cap. These are the levels I have studied using the latest in omega-3 blood testing and have found that the consumption of two gel caps a day of this concentration can increase your omega index to a desirable level over 8%. This omega-3 index measures the concentration of EPA and DHA as a percent of total essential fatty acids in the red blood cell membranes. Recent research is proving that the desirable level for cardio protection is an omega index over 8%. The vast majority of Americans have an omega index closer to 4%.

**Are all omega-3 fatty acids essentially the same?**

My research team and I have tested a variety of omega-3 oils from flax, krill and ethyl ester fish oils and have not found nearly the improvements in the omega index with these types of omega-3 fatty acids. So all omega-3 supplements are not created equal! Most of the inferior brands of fish oil will be relatively inexpensive. A highly refined and purified triglyceride form omega-3 fish oil will cost between \$20-\$45 for a one month supply. I recommend investing in your health. If you want the best omega-3 fish oil, purchase only the triglyceride form of fish oil.

**What are the health benefits of omega-3 fish oil?**

Some of the benefits of omega-3 fatty acids are a reduction in the risk of heart attack or stroke, and a reduction in the possibility of hypertension, depression, attention deficit hyperactivity disorder and joint pain from arthritis. Improved circulation to the brain and the entire body is also one of the benefits of omega-3 consumption. Omega-3 fatty acids may slow chromosomal aging by slowing down the rate at which the telomere (the end cap of a chromosome) shortens. Omega-3 is a very potent natural anti-inflammatory and may help with a variety of inflammatory conditions in the body. Many people notice improved health of their skin, nails and hair after consuming a good omega-3 supplement. Omega-3 consumption is proving to be helpful in patients with dry eye, meibomian gland dysfunction and macular degeneration. The treatment of elevated triglycerides is a potential benefit of consuming a good omega-3 fish oil. Taking a good triglyceride form omega-3 fish oil on a daily basis is one step in prevention that everyone at any age should be taking. Another recent study suggests that an increase in omega-3 fish oil may decrease prevalence of breast cancer, prostate cancer and Alzheimer's.



Consumers that are in tune with prevention and wellness are becoming proactive in their health and practicing prevention by consuming more fish or purchasing fish oil supplements. It can be confusing for the consumer due to the variety of brands and types of omega three fish oil supplements on the market. Triglyceride form fish oil versus ethyl ester fish oil - which is better? When looking at the label make sure it states triglyceride form or TG form fish oil on the bottle. If it doesn't say it, it probably isn't a triglyceride form. Omega-3 fish oil has two available forms, ethyl ester fish oil and triglyceride form fish oil. I recommend purchasing the triglyceride form fish oil over the ethyl ester version of omega-3 fish oil for a variety of reasons. The ethyl ester form of fish oil is highly unstable and therefore it can oxidize and become rancid quickly than the triglyceride form of fish oil. Many of the ethyl ester fish oils may become rancid before you purchase them. This is one of the reasons many people get a nasty aftertaste or have problems burping up an unpleasant fish taste from the ethyl ester form of fish oil. Studies also indicate that the triglyceride form omega-3 fish oil absorbs much faster and more efficiently therefore increasing bio availability. Most fish oil that is being sold OTC or as a prescription in the United States is the ethyl ester version because it is significantly less expensive to manufacture. The final phase in the purification of a triglyceride form of fish oil requires the ethyl ester molecule to be cleaved off and replaced with a triglyceride molecule, thus making it a more natural omega-3 fish oil than the ethyl ester version. The triglyceride form omega-3 fish oils are extremely pure and concentrated making them the ideal choice for consumers. If you do not know if your fish oil is an ethyl ester version or triglyceride version then call the customer service department on the back of the bottle. You can also squeeze the contents of your fish oil into a Styrofoam cup and watch for the chemical reaction. If the cup begins to dissolve after 10 to 20 minutes, then you have an ethyl ester form. However, some fish oils with very low concentrations of ethyl ester fish oil may not dissolve the cup. When shopping for a good triglyceride form fish oil look for high levels of EPA and DHA. I recommend an omega-3 fish oil supplement that has an EPA between 400-450 per gel

**How do you choose between fish, squid, krill or flax seed oil?**

Earlier in the article I stated, "All omega-3s are not created equal." This is so true. You hear commercials, you see ads in magazines and on the Internet,

and you watch talk show hosts on television. They are all promoting their particular omega-3 products, while authoritatively stating that what they offer is “the best on the market”. How do you figure out what is real and what is marketing hype? I think all omega-3 experts will agree that the most bio available form of omega-3 comes from marine sources like fish, squid or krill. Plant based omega-3 is not a good absorbable source of the two most important essential fatty acids EPA and DHA. Flax seed oil is very unstable and therefore it oxidizes very quickly. Flax seed oil may be rancid before it even gets to the store shelf. Chia, hemp, perilla and marine plant life may be a better plant source of omega-3 fatty acids than flax seed oil. Populations consume omega 3 fatty acids from a variety of sources based on their culture, religion and geographic location. A vegan will only want to consume omega 3 fatty acids from a vegetable source. People with allergies to shellfish will want to stay away from krill oil. This is because the proteins and antigens are not refined out of the krill oil. I think krill has a future as a good alternative to omega-3 fish oil; however, the concentration of krill in most supplements is still relatively low and quite expensive. Krill does have phospholipids which improve the absorption of the omega-3 and a small amount of astaxanthin (the super carotenoid) naturally in the oil. Once krill oil becomes more concentrated and refined I may change my mind regarding the consumption of krill oil. It seems at this time the majority of krill oil contains very small amounts of omega 3 fatty acids. The krill oils we have tested have shown very limited in any improvement in the omega-3 index which correlates with other studies we have analyzed. Krill oil studies are very limited at this time and therefore it is difficult to determine the potential positive or negative impact krill may have. Good quality omega-3 concentrated triglyceride fish oil will have an omega-3 content of approximately 1500-1600 mg per serving combined EPA, DHA and DPA. I think squid oil (calamari) has a potential bright future in the omega-3 market but currently I do not recommend it since it is still an ethyl ester form oil. However, once squid oil is available in the triglyceride form it will be a good alternative to TG form fish oil. Consumers must be careful when purchasing fish oil from a local store or on the Internet unless you know what you are getting. Ethyl ester fish oils turn rancid very quickly and may taste and smell bad due to this fast rate of oxidation. These



oils have a much poorer rate of absorption than triglyceride form fish oil and may have higher than the acceptable levels of contaminants in the oil. So spend a little extra money and get a good quality highly refined triglyceride form fish oil and start to gain the positive health benefits of omega-3 essential fatty acids.

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Doctors all over the world are recommending Fortifeye Super Omega and thousands of people world wide are enjoying the positive health benefits of this higher quality fish oil.

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#### Creating the highest quality omega-3 fish oil possible

I became quite frustrated when trying to recommend a good fish oil to my patients due to the lack of good quality omega-3 fish oils available over the counter, so I decided to develop an extremely high quality omega-3 fish oil. Years of research and a trip to the most advanced omega-3 factories in the world in Norway led to the development of Fortifeye Super Omega, a highly refined, concentrated, triple molecularly distilled triglyceride form fish oil with an EPA of almost 900 and a DHA of almost 600 in two capsules. This omega-3 fish oil is designed to be swallowed or chewed. Fortifeye Super Omega has a great taste and no odor or burp back. This is a great fish oil for patients that have difficulty swallowing or vegetarians that do not want to swallow the gelatin outer capsule. This highest quality fish oil is independently evaluated to be free of any contaminants. Fortifeye Vitamins has done multiple blood tests proving the superior bio availability and absorption properties. The omega-3 index rises significantly at two weeks and almost 100% of participants in the studies had an omega index over 9% after one month while taking two capsules daily. Studies suggest that an omega index greater than 8% correlates with a 90% reduction in the possibility of a fatal heart attack. Doctors all over the world are recommending Fortifeye Super Omega and thousands of people world wide are enjoying the positive health benefits of this higher quality fish oil. Fortifeye Super Omega is concentrated and refined by one of the most experienced teams in Ålesund, Norway. If you want the very best fish oil, consider taking Fortifeye Super Omega. You can purchase this highly concentrated and extremely pure omega-3 fish oil at [www.fortifeye.com](http://www.fortifeye.com) or by calling toll free at 1 866 503-9746 or go any Lange Eye Care location and pick up a bottle. Do it today. Take a step into the right direction of prevention and become proactive in your health. If you aren't sure whether your omega-3 supplement is really helping you or just wasting your money ask your physician to run an omega-3 blood test. Compare the omega-3 profile of this highly purified and concentrated fish oil to anything on the market and you will see why more and more doctors and patients are switching to Fortifeye Super Omega.

August 20, 2012 by Michael Lange OD, CNS

*"I have taken Fortifeye Super Omega-3 for over a year and I can personally attest that my omega-3 score is 9.9. The typical U.S. control is 4.8. In my practice, we have had many dry eye and meibomian gland dysfunction patients who have benefited from Fortifeye Super Omega-3. Several patients (myself included) have reported improved blood lipids and were able to either forego or stop taking cholesterol medications."*

— MARK A HANSON, OD, CNS

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*"I was diagnosed with interstitial cystitis, which caused open sores and inflammation in my bladder. I had suffered for many years until my mom heard Dr. Lange on the radio and convinced me to try Fortifeye Super Omega and Fortifeye Complete Plus. After taking just a few of the Fish Oil capsules and Fortifeye Complete Plus, I noticed an improvement in the way I felt. It was amazing, the immediate relief I felt. It's the strongest and purest fish oil that can be purchased. It takes the inflammation out of my body, which was the secret; that's what was causing my debilitating pain. I experienced steady improvement in my health; I would say it took probably six months of taking the triglyceride-based fish oil before I was back to my old self. My hair started to grow again and my skin got its glow back to it. I had a follow-up exam with my urologist recently. He told me to keep up whatever I've been doing, that the lining of my bladder was smooth and that I was in total remission."*

— ARLENE CLARK, PATIENT AND NOW SPOKESPERSON FOR FORTIFEYE VITAMINS

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*"You can never underestimate the power of proper nutrition. I have seen many miraculous recoveries in ocular health as well as general health in patients that will follow the appropriate diet, take the correct regiment of supplements, and adhere to specific lifestyle modifications."*

— MICHAEL P. LANGE OD, CNS



**Fortifeye® Super Omega-3 Fish Oil** was developed after years of careful research and use of all types of omega-3 essential fatty acids clinically. Fortifeye decided to utilize a more natural triglyceride based fish oil instead of ethyl ester fish oil. Fortifeye Super Omega is a super highly purified and concentrated Omega-3 fish oil in a lemon flavor. The triglyceride form allows for superior absorption without any fishy aftertaste. Fortifeye Super Omega-3 exceeds GMP quality standards, and is produced in Norway in the worlds only NSF, GMP, pharmaceutically certified Omega-3 production facility. This product is triple molecularly distilled and then tested to ensure it is free of all pollutants. Every batch is tested independently by a third party for over 250 environmental contaminants. Fortifeye Super Omega contains 1600 mgs of Triglyceride based Omega-3 fatty acids broken down into 900 EPA and 600 DHA making it one of the most concentrated Omega-3 supplements on the market in a two per day dosing. The Team at Fortifeye and the Omega-3 test have been actively studying the influence of two daily softgels of Fortifeye Super Omega-3 on blood levels of Omega-3. After just 30 days taking two Super Omega-3, mean blood levels of Omega-3 increased from 4.2% to 9.1% with some patients as high as 11%!! Low Omega-3 test scores are linked to many diseases. The goal is to have an Omega-3 score above 8%. Fortifeye Super Omega-3 promotes overall wellness in the body and eyes and can be used in conjunction with Fortifeye Complete Plus, Fortifeye Complete Macular Defense, Fortifeye 1 Per Day Multivitamin or Fortifeye Focus. Fortifeye Super Omega-3 tastes great as a chewable softgel or can be swallowed without any after taste.



## Fortifeye® Super Omega-3 Fish Oil

### Supplement Facts

Serving Size: 2 Softgels  
Servings Per Container: 30

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Calories (energy)	30	-	Monounsaturated Fat	0g	†
Calories from Fat	30	-	Trans Fat	0g	†
Total Fat	3g	4%*	Omega-3 as TG**	1600 mg	†
Saturated Fat	0g	0%*	EPA (C20:5 n-3) as TG**	900 mg	†
Polyunsaturated Fat	0g	†	DHA (C22:6 n-3) as TG**	600 mg	†

\* Percent Daily value is based on a 2000 calorie diet.

\*\* Superior Natural Triglyceride Form.

† Daily Value (DV) not established.

**Other ingredients:** Highly Purified and Concentrated Omega-3 Fish Oil, Natural Lemon, Capsule Shell (gelatin, glycerin, and purified water), and natural mixed tocopherols are part of an antioxidant blend that also contains rosemary extract and ascorb palm