

Omega Liquid Forte

A high-potency, balanced blend of EPA and DHA to support healthy lipid balance, cell membranes and inflammatory pathways. Delivered in their native triglyceride forms for optimal absorption and tolerability.

Dairy Free

Gluten Free

GMO Free



- Each teaspoon delivers a balanced blend of 1350mg EPA and 1300mg DHA, sourced from sardines, anchovies, and mackerel, in their highly bioavailable and native triglyceride form
- Stabilized with a proprietary antioxidant blend of GMO-free mixed tocopherols, green tea extract, rosemary, and vitamin C
- iFOS (International Fish Oil Standards) certified to meet the highest quality standards and to guarantee optimal stability, potency, and purity
- Indicated for general support of cell membranes and inflammatory pathways, cardiovascular function, cognitive and dermal health, balanced immunity, and atopic concerns
- Each 150ml bottle provides 30 servings in a natural lemonade and goji berry flavoured liquid

The modern diet has seen a drastic reduction in the intake of omega-3 fatty acids, compounded by a significantly greater intake of omega-6 fatty acids. This is problematic as many of our tissues rely on

fatty acids for proper synthesis and communication. If the appropriate fatty acids are not available, the implications for overall health are vast. Ultimately, a relative deficiency of omega-3 fatty acids can lead to a pro-inflammatory state and increase the risk of chronic disease.

The active compounds responsible for the widespread benefits of fish oil supplementation have been identified as **eicosapentaenoic acid (EPA)** and **docosahexaenoic acid (DHA)**. Although both are important for various aspects of human health, EPA is generally regarded as the anti-inflammatory fatty acid while DHA is more responsible for neurodevelopment and nerve protection.

EPA and DHA have been clinically studied in a variety of health conditions. For example, supplementation with these omega-3 fatty acids has been found to be beneficial for cardiovascular health, rheumatoid arthritis, autoimmunity, cognition, mood, skin health, and atopic concerns, to name just a few clinical indications. Simply put, EPA and DHA should be considered for any systemic inflammatory condition and to support the nervous system.

One challenge that arises with omega-3 fatty acid supplementation is poor compliance. Most supplements require a great number of capsules or teaspoons per day to achieve an evidence-based dose of combined EPA and DHA. Cyto-Matrix's **Omega Liquid Forte** solves this problem by providing 1350mg of EPA and 1300mg of DHA all in only one teaspoon, sourced from sardines, anchovies, and mackerel. These omega-3 fatty acids are provided in their highly bioavailable and native triglyceride form.

Omega Liquid Forte is also iFOS (International Fish Oil Standards) certified to meet the highest quality standards and guarantee optimal stability, potency, and purity. iFOS certification standards exceed even internationally recognized levels set by regulatory bodies and key trade organizations, such as the Council for Responsible Nutrition and the World Health Organization.

To achieve this high standard, **Omega Liquid Forte** is molecularly distilled, without the use of chemicals or solvents, to safely remove harmful compounds such as heavy metals and organophosphate compounds. Finally, a proprietary antioxidant blend of GMO-free mixed tocopherols, green tea extract, rosemary, and vitamin C is added to effectively stabilize the oil blend.

Each 5ml teaspoon contains

Fish oil	4382mg
(from anchovies, sardines, mackerels)	
EPA	1350mg
(eicosapentaenoic acid)	
DHA	1300mg
(docosahexaenoic acid)	

*The Certification Mark is a registered



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marque de certification est une marque
déposée de Nutrasource Diagnostics Inc

Non-Medicinal Ingredients

Ascorbyl palmitate, mixed tocopherol concentrate, green tea extract, rosemary leaf extract, monk fruit extract, natural lemonade flavour, natural goji fruit flavour.

Recommended Use Claim

Source of omega-3 fatty acids for the maintenance of good health and to support cognitive health and brain function. Helps support healthy development of brain, eyes and nerves in children up to 12 years of age.

Directions of Use

Adults: Take 1 teaspoon per day or as directed by a healthcare professional. Children and adolescents (1-18 years): Take 1/2 teaspoon per day or as directed by a healthcare professional.

Cautions and Warnings

Do not use if safety seal is broken.

Storage Conditions

Refrigerate after opening. Maintains optimal peak freshness for thirty days after opening.