

## Two Simple Ways to Improve Your Health\*

Two of the best and yet simple ways to improve your overall health with supplements include\*:

- **Increasing your intake of antioxidants ...**
- **Increasing your intake of omega-3 oils ...**

**Antioxidants are your body's way to neutralize free radicals**, those harmful metabolic byproducts that damage cells and tissues throughout your body.

Scientific evidence has repeatedly demonstrated that antioxidants are a cornerstone in the promotion of heart health, immune system support, and memory support.\* Antioxidants also appear to play a role in helping to slow your signs of aging.\*

Although many foods contain antioxidants, **today's poor-quality diets are nearly always insufficient in the full range of these beneficial free radical scavengers.\*** That's why I strongly recommend increasing your antioxidant intake as a valuable way to optimize your health.\*

## The Two Vital Fats That Are KEY to Your Health

I'm sure you've heard by now about **two fats in omega-3 oils that are crucial to your health -- DHA and EPA\***. These compounds are not only essential to maintaining your health -- scientific research indicates that they may also promote heart health and provide immune system and mood support.\*

Now in a perfect world, you would be able to get all the omega-3s you need by eating fish. Unfortunately, studies show that eating fish can potentially expose you to a high degree of contamination with industrial pollutants and toxins like mercury, PCBs, heavy metals and radioactive poisons.

**In fact, the FDA and EPA have put out health advisories warning against certain fish and shellfish consumption for young children, women who are pregnant or may become pregnant, and nursing mothers.**

I formerly recommended that you take fish oil to enhance your intake of omega-3 fats. And high-quality fish oils are certainly great products, with many important health benefits.

But there are drawbacks.

Such as... **fish oil is weak in antioxidant content.** As you increase your intake of omega-3 essential fatty acids by consuming fish oil, you may actually increase your need for even more antioxidant protection if the fish oil has been exposed to excessive amounts of oxygen or has become rancid.

Why? Well, **fish oil is perishable.** Antioxidants help to ensure that the fish oil doesn't oxidize easily. As we just noted, oxidation leads to the formation of those unhealthy free radicals.

This was a vexing problem for a long time...

Until the discovery of **krill oil** -- a marine oil that helps solve the dilemma by uniquely and synergistically combining antioxidants and omega-3s.

It proved itself far superior to previously-recommended fish oils. Here's how...

## **Powerful Antioxidants + Essential Omega-3 Oils = Startling Health\***

When I first learned about this pure marine oil, I was extremely impressed with its many benefits and the solid research behind its unique combination of antioxidants, omega-3 oils and other ingredients\*.

The list of how krill oil supports you will likely impress you too:

### **Many Ways Fish Oil Supports You\***

- **A healthy heart\***
- **Support for concentration, memory and learning\***
- **Blood sugar health\***
- **Healthy joints, with an increase in joint comfort\***
- **Fighting your signs of aging\***
- **Healthy brain and nervous system function and development\***
- **Protection for cell membranes\***
- **Cholesterol and other blood lipid health\***
- **Healthy liver function\***
- **Bolstering your immune system\***
- **Healthy mood support\***
- **Optimal skin health\***

So, if you're looking for a way to enhance your health with a product that really delivers the goods, then please take a minute to ask about adding Fish oil to your diet !!