What makes Phytomega different from other heart health supplements?
Phytomega is a patent-pending supplement that may reduce the risk of heart disease by lowering cholesterol† and maintaining healthy triglyceride levels‡ using a unique combination of four natural ingredients:*·
• Phytosterols
• Omega-3s (EPA/DHA)
• CoQ10 (the more common name for Coenzyme Q10)
• Alpha lipoic acid (ALA)

What changes were made to Phytomega?
The following significant changes were made:
• Increased the level of phytosterols to 2,000 mg daily (from 1,500 daily)
• Increased the concentration of EPA/DHA to 330/220 (from 180/120)
• Added 30 mg of CoQ10
• Added 30 mg of ALA

What are phytosterols and what do they do?
Phytosterols are ingredients found naturally in plants that have a chemical structure similar to cholesterol. They are so similar, in fact, that it is difficult for our bodies to distinguish the two. As a result, phytosterols can take the place of cholesterol during digestion and help safely block cholesterol absorption in the intestine, so it doesn’t enter the bloodstream. The Journal of the American Medical Association (JAMA) reported that the combination of eating a high-fiber diet and supplementing with phytosterols is just as effective at lowering cholesterol as a popular alternative—without the side effects. In fact, independent clinical studies show phytosterols, like those used in Phytomega, may help reduce cholesterol by up to 29%!1

What are omega-3s and what do they do?
Omega-3s are a family of unsaturated “healthy” fatty acids found in cold water fish. In addition to helping the body properly utilize phytosterols (because phytosterols work best when coupled with fat), they have also been shown to help reduce triglyceride levels (triglycerides are a type of blood fat) by up to 26%!2

What is CoQ10 and what does it do?
Coenzyme Q10 (more commonly known as just CoQ10) is a key component in the cell’s ability to generate energy. Ninety-five percent of the human body’s energy is generated this way. Those organs with the highest energy requirements—such as the heart and the liver—have the highest CoQ10 concentrations. However, levels decrease with age, and CoQ10 is needed to help support cellular energy in the heart.*

What is alpha lipoic acid (ALA) and what does it do?
Alpha lipoic acid (ALA) is a fatty acid found naturally inside every cell in the body. It’s needed by the body to produce the energy for our body’s normal functions. It is believed that alpha lipoic acid has the ability to recycle antioxidants such as vitamin C and glutathione after they have been used up to fight free radicals.*

Does Phytomega have harmful side effects?
What makes Phytomega unique is what it doesn’t offer—the side effects.

If you are on a statin, continue to take it and follow your doctor’s advice. If you’re not, try Phytomega. Phytomega takes a natural approach to heart health, helping you maintain healthy cholesterol levels before they can become a problem.

(If you are under a doctor’s care, please consult with your doctor before taking Phytomega.)
Why should I take Phytomega when Prenatal-Omega 3 has a higher concentration of omega-3s?
While Prenatal Omega-3 provides a high amount of DHA and EPA for prenatal cognitive health, it does not provide other important ingredients like phytosterols (2,000 mg), CoQ10 (30 mg), and alpha lipoic acid (30 mg) that are key heart health supporters.

What other heart health products should I be taking?
Melaleuca scientists have identified six key, controllable factors associated with heart health. Phytomega together with ProvexCV® and FiberWise™ help support each and every one of them.

• ProvexCV Heart Health Supplement helps maintain healthy blood pressure levels and healthy arteries by effectively reducing LDL oxidation using a patented combination of natural grape seed and grape skin extracts, quercetin, and bromelain, plus resveratrol and green tea extract.*

• FiberWise Drinks, Bars, and Cereals are made with psyllium husk fiber. Psyllium husk fiber has been shown to help reduce the risk of heart disease by helping to reduce both total cholesterol and LDL (or "bad") cholesterol.§

* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

† Foods and supplements containing at least 400 mg per serving of plant sterol esters, eaten twice a day with meals for a daily total intake of at least 800 mg, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A daily dose of Phytomega (4 softgels) supplies at least 1,500 mg of plant sterol esters.

‡ Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease. A daily dose of Phytomega (4 softgels) supplies 550 mg of EPA and DHA.

§ Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk may reduce the risk of heart disease.