What are essential fatty acids?
Essential fatty acids (EFAs) are called “essential” because you can only get them from your diet; the body cannot manufacture them. EFAs are needed for maintaining proper cell membrane structure, which allows the proper distribution of nutrients throughout your body.

How do omega-3s help support my cardiovascular, muscle, joint, and inflammatory health?
Research shows that EPA and DHA omega-3s help promote and maintain a healthy heart rate and healthy blood pressure and triglyceride levels in healthy individuals.* In addition, omega-3s have been linked to reducing normal inflammation.†

What is the difference between Vitality Omega-3 Crème Delight™, Vitality Coldwater Omega-3® softgels, and the new CardiOmega EPA™ supplement?
- One adult daily serving of Omega-3 Crème Delight has 1,080 mg of EPA/DHA. One serving of Vitality Coldwater Omega-3 has 930 mg of EPA/DHA per serving (two softgels). One serving of CardiOmega EPA has 1,100 mg of EPA/DHA per serving (two softgels).
- Both Vitality Coldwater Omega-3 and Vitality Omega-3 Crème Delight support optimal health, including cognitive, eye, and cardiovascular system health for a full and active life.*

How does CardiOmega EPA compare to other Melaleuca products that contain omega-3s?
It is similar in total omega-3 content to Omega-3 Crème Delight, but it has a different ratio of EPA to DHA to better address normal inflammatory response and cardiovascular health. CardiOmega EPA contains the recommended amount of EPA/DHA to promote a normal response to activity-induced inflammation and to support cardiovascular health—all while helping promote rapid recovery.*

A detailed breakdown of the specific differences is provided below.

Why does this product contain different amounts of EPA/DHA than Vitality Coldwater Omega-3, Omega-3 Crème Delight, Phytomega®, and Unforgettables®?
Each Melaleuca product that contains omega-3 fatty acids is formulated for a specific objective:
- Unforgettables (cognitive health): Supports concentration, memory, and recall using omega-3s to maximize the benefit of phosphatidylserine.*
- Phytomega (heart health): May help reduce the risk of heart disease; uses omega-3s to help ensure absorption of phytosterols.*†‡
- Vitality Coldwater Omega-3 (overall optimal health): Broad-benefit supplement that supports cognitive, eye, and cardiovascular health.*†
- Omega-3 Crème Delight (overall optimal health): Contains the recommended amount of EPA/DHA to promote brain, eye, and heart health† and comes in a delightful crème the whole family will love.*
- CardiOmega EPA (overall optimal health): Contains the recommended amount of EPA/DHA (1,000 mg EPA and 100 mg DHA) to promote a normal response to activity-induced inflammation and support cardiovascular health†—all while helping promote rapid recovery.*

* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
Will I still be able to purchase Vitality Coldwater Omega-3, Omega-3 Crème Delight, and Vitality Prenatal Omega-3™?

Yes. CardiOmega EPA just provides an alternate means of obtaining your daily omega-3s. It is available individually as well as in all of the Peak Performance packs.

<table>
<thead>
<tr>
<th>Product</th>
<th>Fish Oil (mg per serving)</th>
<th>EPA/DHA (mg per serving)</th>
<th>EPA (mg per serving)</th>
<th>DHA (mg per serving)</th>
<th>Sweetener</th>
<th>Colors &amp; Flavors</th>
</tr>
</thead>
<tbody>
<tr>
<td>CardiOmega EPA</td>
<td>2,000</td>
<td>1,100</td>
<td>1,000</td>
<td>100</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>Omega-3 Crème Delight (Peach Mango Tango, Lime Sorbet)</td>
<td>3,060</td>
<td>1,080</td>
<td>660</td>
<td>420</td>
<td>Xylitol</td>
<td>All-natural colors and flavors</td>
</tr>
<tr>
<td>Vitality Omega-3 Crème Delight (Peach Mango Tango, Lime Sorbet) (Child Serving or Sample Packet)</td>
<td>1,200</td>
<td>360</td>
<td>220</td>
<td>140</td>
<td>Xylitol</td>
<td>All-natural colors and flavors</td>
</tr>
<tr>
<td>Vitality Coldwater Omega-3</td>
<td>1,470</td>
<td>930</td>
<td>270</td>
<td>660</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>Vitality Prenatal Omega-3</td>
<td>2,200</td>
<td>1,400</td>
<td>400</td>
<td>1,000</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>Phytoomega® Heart Health Supplement</td>
<td>500</td>
<td>275</td>
<td>165</td>
<td>110</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>Unforgettables® Cognitive Health Supplement</td>
<td>240</td>
<td>120</td>
<td>60</td>
<td>60</td>
<td>None</td>
<td>None</td>
</tr>
</tbody>
</table>

What is the recommended daily serving of CardiOmega EPA?
The serving size is two softgels daily.

What is the maximum daily dosage?
CardiOmega EPA is a supplement. Unless otherwise directed by a healthcare professional, limit dosage to two softgels per day.

Does CardiOmega EPA contain artificial colors or flavors?
No. It contains all-natural colors and flavors.

Is CardiOmega EPA gluten-free?
Yes.

Does CardiOmega EPA contain any allergens?
Yes, fish oil and soy.

* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
How often should I take CardiOmega EPA?
Adults can take CardiOmega EPA twice daily as a nutritional supplement.

When should I take CardiOmega EPA?
Though CardiOmega EPA can be taken any time of day to help support heart, vessel, joint, muscle, and normal inflammatory health,* it’s recommended to take the supplement with food (such as an Access® Bar) before beginning your workout activity.

Why would I want to take CardiOmega EPA instead of Vitality Coldwater Omega-3 or Vitality Prenatal Omega-3 softgels?
CardiOmega EPA provides 1,000 mg of EPAs per serving for those who are looking for natural cardiovascular support and maintenance of normal inflammation response. It is conveniently packaged in the Vitality Elevate™ Peak Performance Pack.

How many servings are in the Peak Performance packs?
The Peak Performance packs, which all include CardiOmega EPA, contains 30 AM and 30 PM packets. Each packet includes 2,000 mg of fish oil concentrate.

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

† 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 Vitality Coldwater Omega-3 (2 softgels) supplies 930 mg of EPA and DHA. A daily dose of Phytomega (4 softgels) supplies 550 mg of EPA and DHA.

‡ 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 2,000 mg of plant sterol esters.