



Are you getting
enough Omega-3s
in your diet?

While many individuals may consume fish regularly, most do not meet the omega-3 recommendations.

Why are omega-3s important?

Omega-3 fatty acids EPA and DHA, as found in fish oil, are conditionally essential fatty acids. Although the body can make these from other essential fatty acids, the amount may not be significant.

Why supplement with fish oil?

Consuming fish and other foods rich in omega-3s is highly recommended to support general wellness, but obtaining enough EPA and DHA through diet alone can be a challenge—especially for those who aren't keen on seafood. Where diet falls short, supplementation offers a simple, convenient solution.

What are the benefits of fish oil?

Both EPA and DHA are important at various stages of our lives. Fish oils, whether from supplementation or dietary sources, have been clinically researched and found to support various systems of the body—including cognitive function, as well as cardiovascular, musculoskeletal, eye, and immune system health. Beyond that, omega-3 fatty acid supplementation has been found to be well tolerated with minimal adverse events.

What about dosing and delivery?

Clinical studies have shown the benefits of a range of doses and delivery forms, including softgels, liquids, or enteric-coated options. Your healthcare practitioner or health consultant can recommend the ideal dose for you.



Why choose OmegaGenics®?

OmegaGenics® offers a comprehensive line of omega-3 formulas in a variety of doses and delivery forms, including softgels, liquids, and enteric-coated options.

OmegaGenics® formulas are stabilized with natural antioxidants like mixed tocopherols, vitamin C, and rosemary extract to ensure optimal freshness.

Transparency

We go to great lengths to ensure a high level of quality and consistency in every batch, so you can feel confident that what's on the label is exactly what's in the bottle.

Sustainability

Our fish are always sourced from fisheries that aim to protect endangered species and their ocean environments.

Extensive Testing

Every batch is third-party tested for over 450 contaminants including heavy metals, PCBs, and dioxins.

We stand on three pillars of quality—transparency, sustainability, and extensive testing—to bring you advanced nutritional solutions you can trust. That's our promise.

How much EPA and DHA is in my fish oil?

It may be confusing to know how much EPA and DHA you are actually receiving in a fish oil supplement. Pay close attention to the Supplement Facts panel and note the serving size, as well as EPA and DHA amounts.

Supplement Facts		
Serving Size 1 Softgel		
Servings Per Container 120		
	Amount Per Serving	% Daily Value
Marine Lipid Concentrate	1.4 g	**
EPA (Eicosapentaenoic acid triglyceride)	710 mg	**
DHA (Docosahexaenoic acid triglyceride)	290 mg	**
Other Omega-3 Fatty Acid Triglycerides	100 mg	**

Add these two numbers together to determine the level of EPA and DHA in each serving. This example delivers 1000mg EPA-DHA per softgel.

The Metagenics Difference

The Industry Leader in Quality & Efficacy

We don't compromise on safety, effectiveness, or quality—to make sure that we deliver the best results possible.

Time after time. Bottle after bottle.

We carefully monitor all products to assure purity and safety, from formulation and ingredient selection all the way to the final product.

Research & Innovation Ahead of the Curve

We offer more than just products. Our strong focus on research keeps us on the leading edge of the current evolution in personalized medicine.

Our in-house team of highly regarded healthcare professionals and scientists is actively developing breakthroughs in nutritional supplementation to help us create even more effective products.

Metagenics® Omega-3 Formulas

Benefits of Omega-3s

- Support general health
- Counter inflammation
- Maintain heart health
- Reduce joint pain and stiffness
- Support healthy brain function
- Support eye health
- Improve foetal health and maternal health



OmegaGenics® EPA-DHA 300 Algae

Features 300mg EPA and DHA in a vegan-friendly softgel

Ideal for general health support



OmegaGenics® EPA-DHA 500 EC

Features 300mg EPA and 200mg* DHA in enteric-coated softgels

Ideal for general health support



OmegaGenics® EPA-DHA 720

Features 430mg EPA and 290mg DHA per softgel

Ideal for general health and heart health support



OmegaGenics® EPA-DHA 1000

Features a total of 710mg EPA and 290mg DHA per softgel

Ideal for heart health and inflammation support



OmegaGenics® EPA-DHA 2400

Features a total of 1410mg EPA and 990mg DHA per teaspoon

Ideal for heart health, inflammation support and brain function



OmegaGenics® Mega 10

Features 330mg EPA, 170mg DHA, 60mg Omega-3 fatty acids and 210mg Omega-7 Oil per softgel

Ideal for heart health



OmegaGenics® Neuro 1000

Features a total of 750mg DHA and 250mg EPA per softgel

Ideal for brain function, eye health and maternal and foetal health



Visit **www.amipro.co.za/omega-range** to learn more



Scan the QR code below on a mobile device



Talk to your healthcare practitioner or consultant about **Metagenics® Omega-3 Formulas**

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