

THE OMEGA BOOST

THE FACTS ABOUT OMEGA-3, CAROTENES AND VITAMIN E

THE SOUTH AFRICAN DIET

The recent South African National Health and Nutrition Examination Survey (SANHANES) revealed that South Africans do not eat enough fruit, vegetables and cold water fatty fish.

01 FRUIT & VEGETABLES

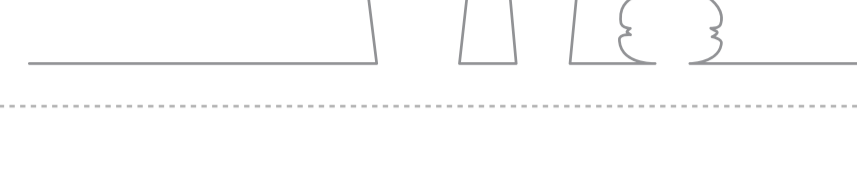
SOUTH AFRICANS CONSUME LESS THAN **200G OF RECOMMENDED 400G** OF 🍏 AND 🌾 PER DAY.



02 FAST FOOD

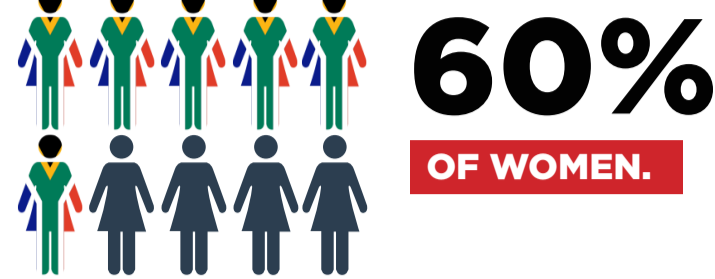
1/2 A MILLION SOUTH AFRICANS

ARE EATING **FAST FOOD** BETWEEN **4 AND 6** TIMES A WEEK.



03 AN UNHEALTHY NATION

STUDIES SHOW THAT A LARGE PERCENTAGE OF SOUTH AFRICANS ARE OVERWEIGHT.



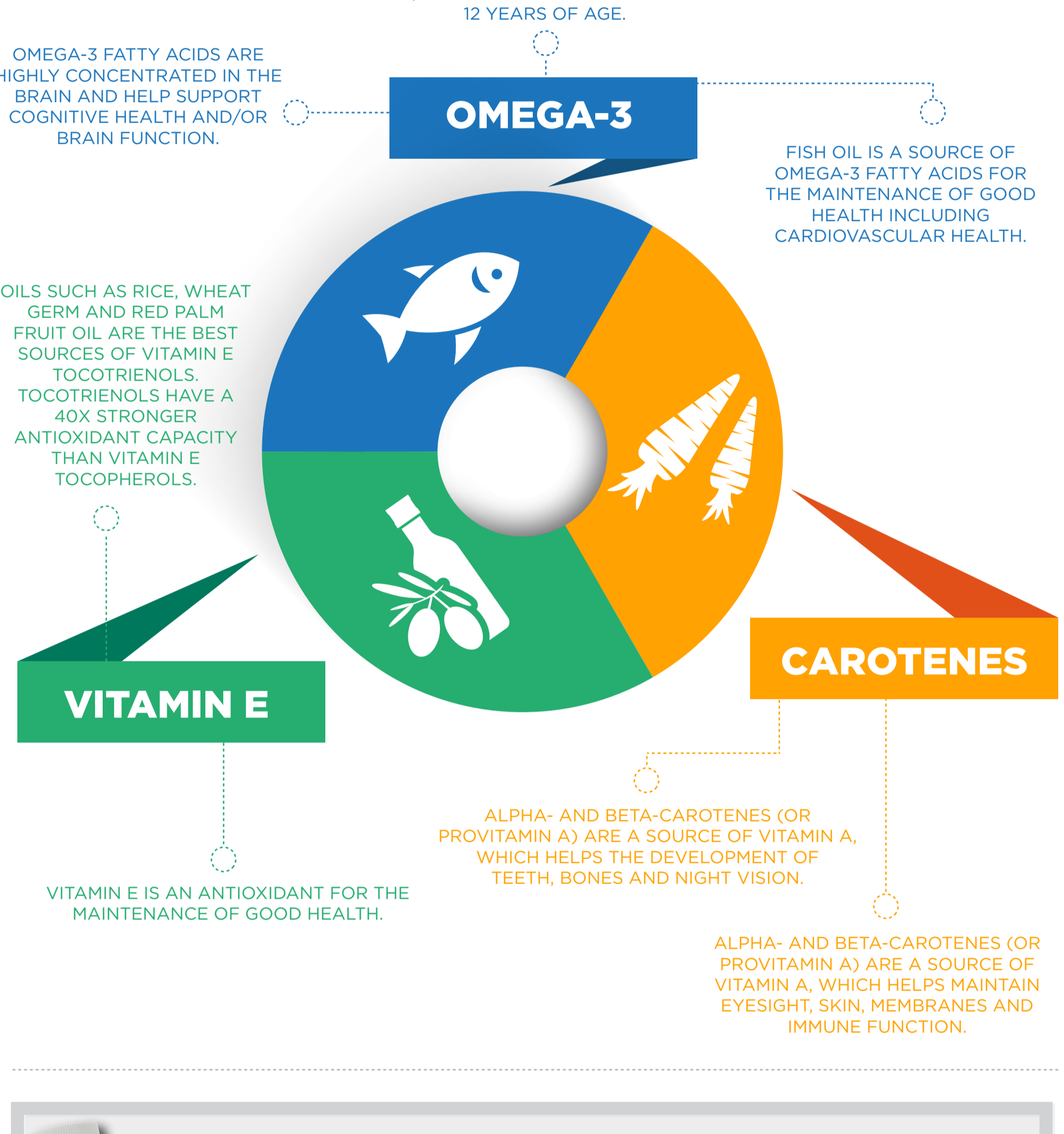
“POOR DIET PLAYS A BIG ROLE IN INCREASING THE RISK FOR DISEASES SUCH AS **CANCER, HEART DISEASE, STROKE, OBESITY AND DIABETES.**”



ESSENTIAL NUTRIENTS

Accredited literature indicates that marine-derived fish oil, plant-derived carotenes, as well as vitamin E are essential to maintaining good health.

BENEFITS OF OMEGA-3, CAROTENES & VITAMIN E



“**YELLOW-ORANGE** AND **DARK GREEN** VEGETABLES HAVE HIGHER LEVELS OF CAROTENES AND ARE CONSIDERED THE BEST CHOICES.”

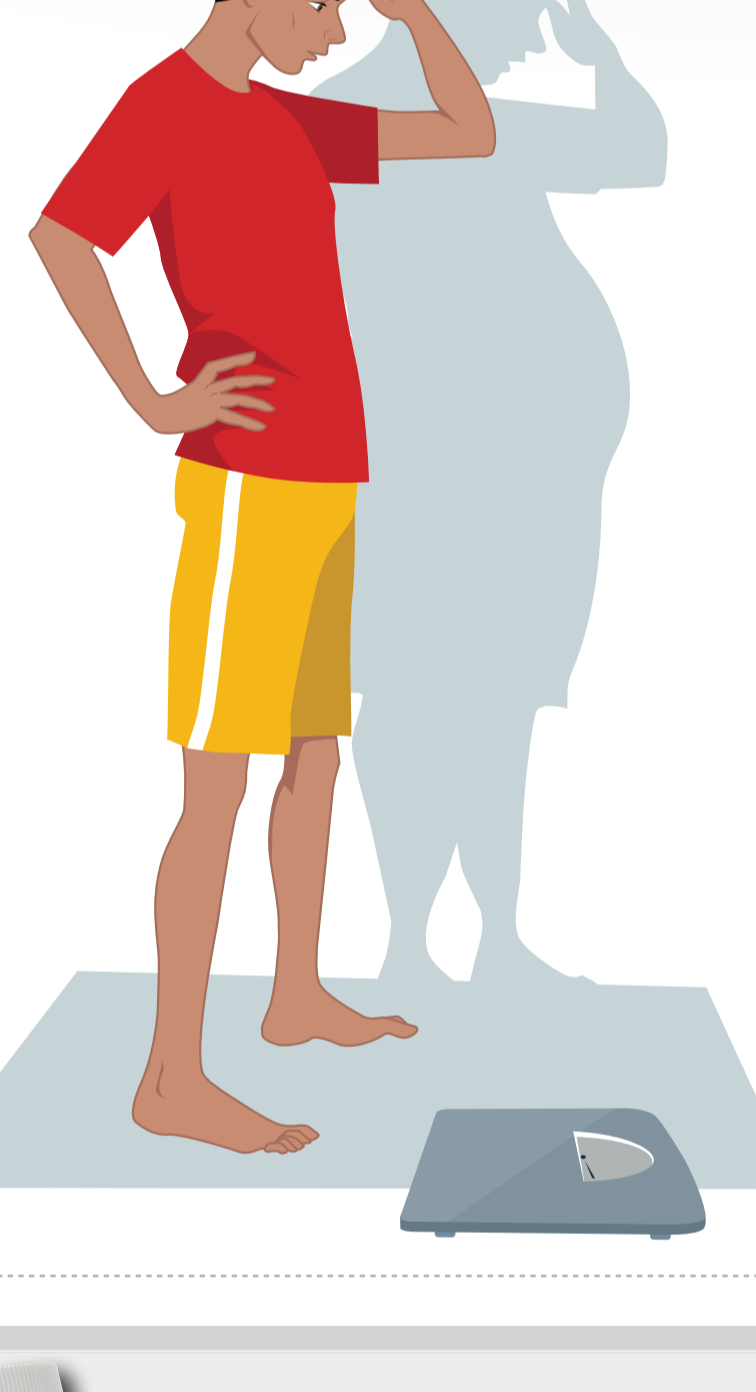


CLOSING THE NUTRITION GAP

Research suggests that food supplements may be helpful to ensure that South Africans get all the vitamins and minerals necessary to achieve optimum health.

WHY SUPPLEMENT YOUR DIET?

- 01** OUR BODIES REQUIRE AN INTAKE OF **200-250G COLD WATER FATTY FISH** PER WEEK PLUS AT LEAST FIVE DAILY PORTIONS OF A VARIETY OF 🍏 AND 🌾.
- 02** THE BODY CANNOT MAKE ITS OWN **OMEGA-3** FOUND IN FISH OILS AND SOME PLANT OILS.
- 03** STUDIES SHOW THAT SOUTH AFRICANS CONSUME LESS THAN **1/2 THE RECOMMENDED AMOUNT** OF 🍏 AND 🌾 PER DAY.

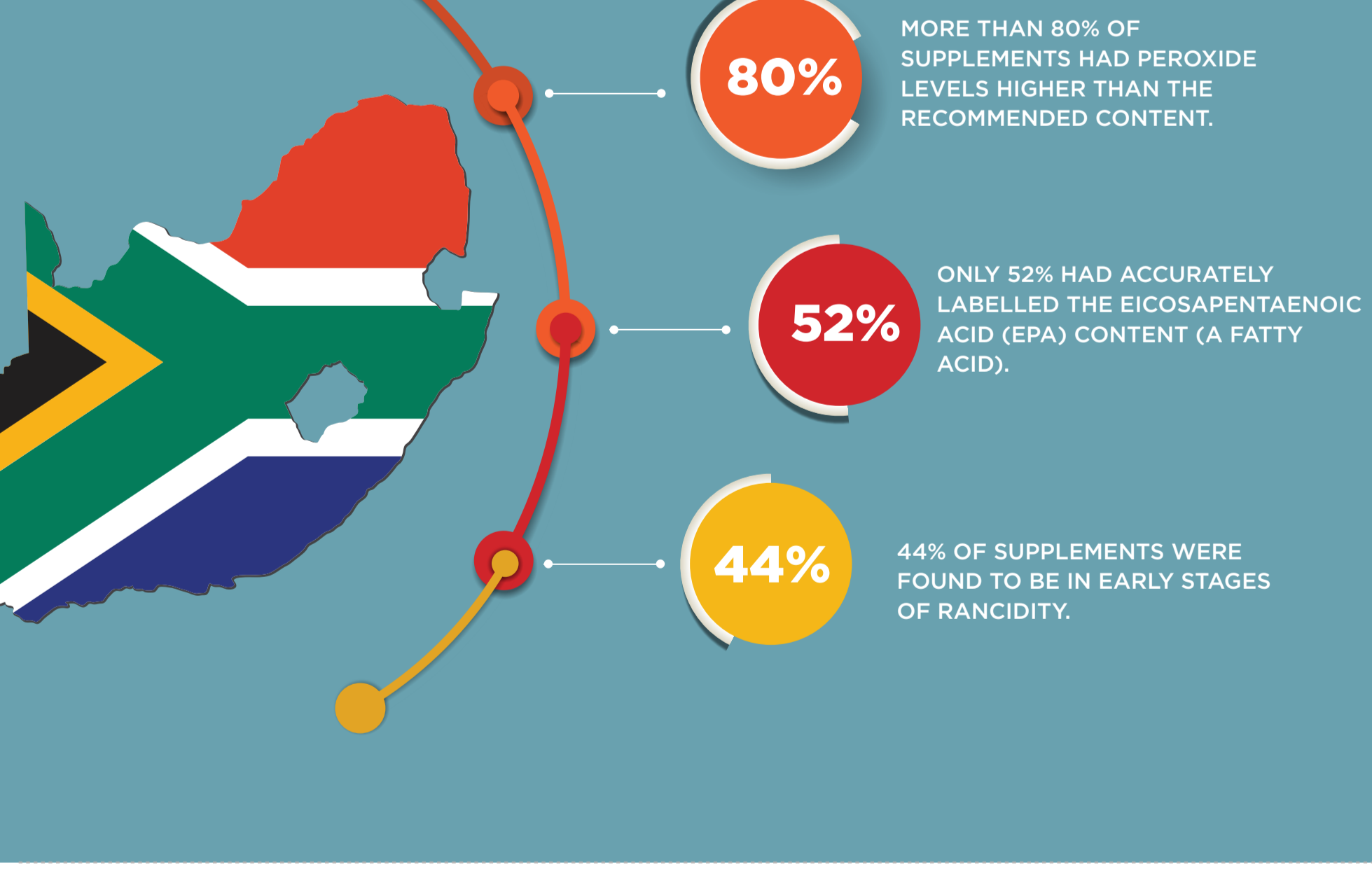


“**HERRING, MACKEREL AND PILCHARDS** ARE A GOOD SOURCE OF OMEGA-3, BUT ARE EXPENSIVE TO EAT ON A DAILY BASIS AND ARE NOT POPULAR FISH FOODS IN SOUTH AFRICA, HENCE THE NECESSITY FOR A FISH OIL SUPPLEMENT.”



CHOOSING A TRUSTED SUPPLEMENT

Globally, the omega-3 fatty acid supplement industry is expanding rapidly, yet research shows that the industry is not adequately regulated and controlled. In 2012, 63 commercially available omega-3 fatty acid supplements in South Africa were tested.



“THIS SITUATION PROMPTED RESEARCHERS TO DEVELOP THEIR OWN SUPPLEMENT - **OMEGA CARO-E.**”



CONTAINS TWO MAIN TYPES OF CAROTENES: ALPHA- AND BETA-CAROTENES. ALPHA- AND BETA-CAROTENES (OR PROVITAMIN A) ARE A SOURCE OF VITAMIN A WHICH SUPPORTS THE MAINTENANCE OF GOOD HEALTH.

UNLIKE MANY OTHER FISH OIL SUPPLEMENTS THAT CONTAIN A SYNTHETIC FORM OF ALPHA-TOCOPHEROL, OMEGA CARO-E CONTAINS TOCOTRIENOLS.

DOES NOT CONTAIN SYNTHETIC ETHYL ESTERS, ARTIFICIAL FLAVOURANTS, COLOURANTS AND PRESERVATIVES, HEAVY METALS ABOVE THE DETECTABLE RANGE OR PESTICIDES.

CONTAINS A NOVEL COMBINATION OF FISH OIL AND A RED PALM FRUIT OIL CONCENTRATE CONTAINING 11 DIFFERENT CAROTENES AND 5 DIFFERENT FORMS OF VITAMIN E.

OMEGA CARO-E IS THE FIRST SUPPLEMENT TO BE AWARDED CANSA'S NEW SEAL OF RECOGNITION AND RECOGNISED AS A FIRST TIME CANSA SMART CHOICE SUPPLEMENT.

OMEGA CARO-E
Supplement

FOR YOUR EYE BRAIN HEART WELLBEING

FOR MORE INFORMATION VISIT: