

# ULTRA OMEGA

## JOINT FREEDOM



ULTRA OMEGA JOINT FREEDOM is a triple strength formulation to support joint mobility, relieving mild joint inflammation and aches and pains. This formulation can also support cardiovascular health and cognitive function.



Triple strength concentrated omega-3



Supports joint mobility



Relieves mild joint inflammation



Relieves mild joint aches and pains



Supports cardiovascular and cognitive health

## DELIVERY SYSTEM

120 soft gel capsules

## DOSAGE

1-3 tablets per day or as directed by your healthcare professional.

## DIETARY INFORMATION

Free from crustaceans, gluten, dairy, nuts, egg & sugars. Contains soy derived substances.

### Each soft gel capsule contains

Concentrated fish omega-3 triglycerides	<b>1500 mg</b>
Eicosapentaenoic acid (EPA)	<b>540 mg</b>
Docosahexaenoic acid (DHA)	<b>360 mg</b>
Natural orange oil sweet	<b>15 mcg</b>



## OMEGA-3 AND EXERCISE

While exercise is key in supporting a healthy immune system, prolonged and intensive exercise by athletes can cause increased oxidative stress and inflammation, leading to negative short and long-term health consequences.

### ► BENEFITS OF OMEGA-3 TRIGLYCERIDES

JOINTS | INFLAMMATION | CARDIOVASCULAR  
Omega-3 fatty acids – including EPA and DHA – are dietary fats with a vast array of health benefits, primarily serving a key role in anti-inflammatory processes. It can be challenging to get the necessary intake of EPA and DHA through diet alone.

### ► EICOSAPENTAENOIC ACID (EPA)

JOINTS | INFLAMMATION  
Due to intense physical strain, athletes typically become more prone to cardiovascular risk factors. Clinical evidence highlights that high dosages of EPA supplementation as found in Omega-3 can help reduce cardiovascular risk factors such as high cholesterol, high blood pressure and resting heart rate variability.

*If symptoms persist, consult a healthcare professional. Vitamin supplements should not replace a balanced diet. Do not use if seal is broken. Store below 30 °C.*

**BANNED  
SUBSTANCE  
TESTED**



**PILLAR**  
PERFORMANCE