

# Lifelong Wellness Made Easy™



## nanoepea<sup>DHA</sup>™

***“Taste the Difference,  
Feel the Difference”***

The purest, most complete, absorbable and incredibly delicious alternative to fish oil pills.

### ***nanoepea<sup>DHA</sup>™ provides (per tsp):***

- 360 mg EPA/DHA
- Incredible Taste!
- 300% More Absorption
- 500 IU Vit. D + All 8 Vit. E's
- MaxPure™ Process
- No heavy metals
- No PCBs / Dioxins
- No contaminants

The Standard American Diet (S.A.D.) is deficient in omega-3 essential fatty acids (EFA), especially, EPA & DHA. The best dietary source of EPA & DHA is non-farmed (wild) fatty fish. For those who do not eat much wild fatty fish or have difficulty with fish oil pills, nanoepea<sup>DHA</sup> offers the superior, more complete and incredibly delicious alternative. And because nanoepea<sup>DHA</sup> is emulsified, it is up to 3x more absorbable and potent!

As fatty fish are also the best dietary source of Vitamin D3, emulsified D3 has been added. Because fish oils are susceptible to oxidation, both in the bottle and the body, a powerful emulsified natural vitamin E complex (4 tocotrienols and 4 tocopherols) has been included.



**nanoepea<sup>DHA</sup>™ supplementation may support healthy:**

Heart\* • Brain\* • Mood\* • Skin\* • Hair\* • Nails\* • Joints\* • Bones\* • Teeth\* • Immunity\*



## What the Experts Say:

"Increasing **EPA and DHA** intakes to amounts well above those consumed by the general US population may have strong beneficial effects on chronic disease risk." - *Makhoul et al, "Associations of very high intakes of EPA and DHA acids with biomarkers of chronic disease risk..." Am J Clin Nutr.2010; 91: 777-785*

"It only takes a small decrement in brain DHA to produce losses in brain function...the typical American diet is much lower in all types of omega-3 than in omega-6 essential fatty acids... High intake of omega-6, or linoleic acid, reduces the body's ability to incorporate omega-3s...we have the double whammy of **low omega-3 intake** and high omega-6 intake," - *Norman Salem, Jr, co author, "Deficit in Prepulse Inhibition in Mice Caused by Dietary n-3 Fatty Acid Deficiency"; Journal of Behavioral Neuroscience, Vol. 123, No. 6.*

"We estimated the number of disease-specific deaths attributable to all non-optimal levels of each risk factor exposure by age and sex... **low dietary omega-3 fatty acids** and high dietary trans fatty acids were the dietary risks with the largest mortality effects." - *Ezzati M, et al, The Preventable Causes of Death in the United States: Comparative Risk Assessment of Dietary, Lifestyle, and Metabolic Risk Factors, Public Library of Science Medicine, April 2009*

"Our findings indicate that a single dose of **emulsified fish oil resulted in enhanced absorption** of total omega-3, EPA and DHA...compared with the capsular triglyceride fish oil..." - *Raatz SK, Redmon JB, Wimmergren N, Donadio JV, Bibus DM. Enhanced absorption of n-3 fatty acids from emulsified compared with encapsulated fish oil. J Am Diet Assoc. 2009 Jun;109(6):1076-81.*

"Ecological and observational studies suggest that **low vitamin D** status could be associated with higher mortality from life-threatening conditions including cancer, cardiovascular disease, and diabetes mellitus that account for 60% to 70% of total mortality in high-income countries...Intake of ordinary doses of vitamin D supplements seems to be associated with decreases in total mortality rates." - *Autier P, Gandini S. Vitamin D Supplementation and Total Mortality, A Meta-analysis of Randomized Controlled Trials. Arch Intern Med. 2007;167(16):1730-1737*

"Fish oils oxidize very easily and therefore add to the oxidant stress on the body. The urinary excretion of peroxidation products (malondialdehyde) more than doubled when the fish oil capsules were introduced but then dropped... **when vitamin E was added...** the negative effects of fish oil consumption can be overcome by taking them together with vitamin E." - *Nair, Padmanabhan P, et al. Dietary fish oil-induced changes in the distribution of alpha-tocopherol, retinol, and beta-carotene in plasma, red blood cells, and platelets: modulation by vitamin E. American Journal of Clinical Nutrition, Vol. 58, July 1993, pp. 98-102*

"At least eight vitamin E isoforms with biological activity have been isolated...the **antioxidant activity of tocotrienols is higher** than that of tocopherols... Tocotrienols have beneficial effects in cardiovascular diseases both by inhibiting LDL oxidation...(and) down-regulating HMG CoA reductase...Important novel antiproliferative and neuroprotective effects...have also been described." - *Lester Packer L, Stefan U, Rimbach W & G. Molecular Aspects of -Tocotrienol Antioxidant Action and Cell Signalling. Journal of Nutrition. 2001;131:3695-3735*

# nanoepea<sup>DHA™</sup>

## Supplement Facts

Amount Per Serving	% Daily Value*
Serving Size 1 tsp. (5ml) Servings Per Bottle 81	
<b>Calories</b> 20	Calories from Fat 15
<b>Total Fat</b> 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	†
Polyunsaturated Fat 0.5g	†
Monounsaturated Fat 0.5g	†
<b>Cholesterol</b> 5mg	2%
<b>Total Carbohydrate</b> 2g	<1%
Sugar 0g	†
<b>Vitamin A</b> 170IU	3%
<b>Vitamin D3</b> (as cholecalciferol) 500IU	125%
<b>Vitamin E</b> (as d-alpha-tocopheryl acetate) 10IU	33%
<b>Sodium</b> 0mg	0%
<b>Omega-3 Polyunsaturated Fat</b>	
Eicosapentaenoic Acid (EPA) 180mg	†
Docosahexaenoic Acid (DHA) 180mg	†
Other Omega-3 Fatty Acids 140mg	†
<b>Omega-6 Polyunsaturated Fat</b>	
Linoleic Acid (LA) 50mg	†
Other Omega-6 Fatty Acids 50mg	†
<b>Omega-9 Monounsaturated Fat</b>	
Oleic Acid 345mg	†
Other Omega-9 Fatty Acids 70mg	†
<b>Natural Mixed Tocotrienol and Tocopherols</b> 16-mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established



**OTHER INGREDIENTS:** PURIFIED FISH OIL (SALMON OIL AND/OR COD LIVER OIL), WATER, XYLITOL, GLYCERINE, GUM ARABIC, NATURAL FLAVORS, CITRIC ACID, XANTHAN GUM, GUAR GUM, SORBIC ACID, TURMERIC (FOR COLOR), VITAMIN E (AS D-ALPHA-TOCOPHEROL) AND ASCORBYL PALMITATE TO ENSURE FRESHNESS.

**Suggested use: SHAKE WELL. Take 1 teaspoon daily or as directed by your Health Professional. Can be taken straight or mixed into water, juice, milk or yogurt. Refrigerate after opening.**

**WARNING:** Pregnant and nursing mothers, anyone taking prescription medications, or prior to any surgical procedures, inform their physician and/or pharmacist before taking this or any other dietary supplement.

the  
**SuperFood**  
●●● SOLUTION  
lifelong wellness made easy™

Researched and Developed by:  
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[www.SuperFoodSolution.com](http://www.SuperFoodSolution.com)

Manufactured in the U.S.A at a certified cGMP and FDA approved processing facility.

Printed on recycled paper with minimum 10% post-consumer waste.

\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.