

## STATISTICS CANADA REPORTS...

**ONLY 3%** of the population obtains enough omega-3 through diet and supplementation to protect against cardiovascular disease.

**54%** are at intermediate risk of cardiovascular disease.

**43%** are deficient, placing them at a higher risk of cardiovascular issues.

Our bodies cannot make omega-3 on its own, yet it is critical to our health. How much do we need?

### Guidelines from Naturopathic Doctors, Based on Clinical Studies

Age Group / Description	Omega-3s per day
Children 1-12	300-1,500 mg
Adolescents 13-17	300-2,000 mg
Adults 18+	500-2,500 mg
Adults 19+ w/ cardiovascular issues	1,000-5,000 mg
Adults 19+ with low mood	1,000-5,000 mg High EPA
Adults 19+ w/ inflammatory condit.	2,800-5,000 mg High EPA
Adults 40+ for cognitive function	1,500-5,000 mg

### THE STANDARD NORTH-AMERICAN DIET...

...is overloaded with unhealthy fats. Changing dietary habits can be difficult; adding extra omega-3s is an easy way to help improve inflammation.

### THE MEDITERRANEAN DIET...

Credited by many as a key to longevity, it has its challenges. Larger fish may contain increased amounts of various toxins, including mercury. Adding an omega-3 supplement that is laboratory-tested for purity, potency, and safety from heavy-metal contamination can help you achieve your health goals.

### VEGETARIAN OR VEGAN DIET

Due to low conversion of ALA to EPA/DHA, it is critical to consume omega-3-rich foods such as flax, walnuts, and chia. Supplementing with plant-sourced omega-3s can help reach adequate levels for better health.

## MOST FREQUENT SIGNS AND SYMPTOMS OF AN OMEGA DEFICIENCY:

### CARDIOVASCULAR

**Ω-3, -6, -7, -9**

High triglycerides, total cholesterol, LDL and low HDL, vascular issues

### SKIN ISSUES · Ω-6, -7, -9

Atopic dermatitis, psoriasis, acne

### COGNITIVE AND MEMORY

**Ω-3**

### JOINT PAIN AND STIFFNESS

**Ω-3, -6**

### INFLAMMATION · Ω-3, -9

**EYES · Ω-3, -7**

Dry eyes and age-related macular degeneration

**HAIR · Ω-6**

Thickness, texture, and strength

**LOW MOOD · Ω-3**

**DIGESTIVE ISSUES · Ω-7**

**HORMONAL IMBALANCE · Ω-6**

# O-MEGA PROBLEM!



**2 IN 5  
ARE NOT GETTING  
ENOUGH OMEGA-3**

**ARE YOU?**

DM0182

**New Roots**  
HERBAL



## Brain and Heart Health



**Wild Omega-3**  
EPA 660 mg · DHA 330 mg

- Best-seller
- 2:1 ratio
- Fish-based softgel
- 0% porcine or bovine

Available in 60 and 120 softgels



**Wild Omega-3**  
180 mg EPA · 120 mg DHA

- Our original formula
- 3:2 ratio
- Smaller softgel

Available in 60, 120, and 180 softgels



**Omega 3/6/7/9**

- Sourced from borage, flax, sea buckthorn, and fish

Available in 90 and 180 softgels



**Wild Omega-3**  
EPA 660 mg · DHA 330 mg  
Lemon Flavour

- 2:1 ratio
- Lemon flavour
- No fishy burps

Available in 60 and 120 softgels



**Wild Omega-3**  
EPA 330 mg · DHA 165 mg  
Lemon Flavour

- 43% smaller softgel
- 2:1 ratio
- Easier swallow
- No fishy burps

Available in 60 softgels



**Wild Omega-3**  
EPA 900 mg · DHA 600 mg  
Lemon Flavour

- Our strongest
- Liquid form, 3:2 ratio
- Lemon flavour

Available in 100 and 200 ml

## Healthier Skin



**Evening Primrose Oil**  
500 mg (L) or 1,000 mg (R)

- Omega-6
- 500 mg or 1,000 mg doses
- Eczema
- Acne

Available in 90 and 180 softgels



**Borage Oil**

- Omega-6
- Eczema
- Acne
- Dermal inflammation

Available in 60 and 90 softgels

## Children's Health



**Children's Omega-3**

- Development of healthy brain, eyes, and nerves

Available in 120 chewable softgels



**Children's ADHD Balance**

- ADHD
- Improves focus and attention

Available in 120 chewable softgels

## Mood Balance



**Merry Mind Omega-3**

- 1,000 mg EPA
- 10:1 EPA to DHA ratio

Available in 30 softgels



**Omega Jolly**

- 650 mg EPA
- 6.5:1 EPA to DHA ratio

Available in 60 softgels

## Allergies



**Black Cumin Seed Oil**  
500 mg or Extra Strength 1,000 mg

- Allergy support
- Omega-6 and -9
- Mediterranean *Nigella sativa*

Available in 60 and (500 mg) 120 softgels



**Black Cumin Seed Oil**

- Omega-6 and -9
- Reduces allergy symptoms including inflammation

Available in 100 and 200 ml

## Product Safety Testing

We understand the concern over contaminants. We screen our entire selection of omegas for heavy metals, pesticides, PCBs, mycotoxins, microbial contaminants, and more. Presence of these toxins—especially heavy metals such as mercury, lead, cadmium, and arsenic—is tested for in our industry-leading, ISO 17025—accredited laboratory to meet or exceed Health Canada guidelines. Due to recent questionable practices, we have also started testing our fish oils for radiation.

## Speciality



**Flaxseed Oil**

- A source of omega-3, -6, and -9, made with cold-pressed, organic flax

Available in 180 softgels



**Sea Buckthorn Oil**

- Omega-7
- Made with organic sea buckthorn fruit and seed oils and goji oil

Available in 30 softgels