



# Omega Jolly

**OMEGA SUPPLEMENT FOR  
MOOD DISORDERS**



**All New Roots Herbal Products Are Tested  
in Our ISO 17025–Accredited Laboratory**

# Omega Jolly



Omega Jolly provides therapeutic amounts of eicosapentaenoic acid (EPA) necessary for improving many conditions relating to cognitive functions.

The World Health Organization (WHO) reports that mood disorders, including depression, rank among the leading causes of disability worldwide. Population studies also report a dramatically lower incidence of mental illnesses, including depression, for countries such as Japan that have diets rich in omega-3 fatty acids from fish sources.

Approximately 20% of the dry weight of the human brain consists of long-chain omega-3 fatty acids. EPA and DHA are essential fatty acids; the body cannot synthesize them. These long-chain fatty acids are critical for the structure and function of nerve cells. Effective communication between brain cells promotes emotional stability. Supplementation with New Roots Herbal's Omega Jolly ensures your brain will not be "running on empty" and become more susceptible to a growing list of potential cognitive disorders.

People with depression have low levels of EPA; while fish oil may not replace prescribed medication or treatment for depression, it can be useful for additional protection.

Formulations with a ratio of 3:1 or greater of EPA to DHA are beneficial for a broad range of cognitive disorders, including depression.

Each softgel of New Roots Herbal's Omega Jolly contains therapeutic amounts of the omega-3 fatty acids recommended for a wide range of health benefits including cognitive and mood disorders.

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**Each softgel contains:**

Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*])..... 1,400 mg

**Providing:**

Eicosapentaenoic acid (EPA; 20:5 *n*-3) ..... 650 mg  
Docosahexaenoic acid (DHA; 22:6 *n*-3) ..... 100 mg

**Other ingredients:**

Natural vitamin E (D-*alpha*-tocopherol)  
(from non-GMO sunflower) ..... 3.35 mg AT (5 IU)  
In an softgel composed of **bovine gelatin**, glycerin, and purified water.  
V0434-R4 · NPN 80025979

**Directions of use:**

**Adults:** Take 1–4 softgels daily or as directed by your health-care practitioner.

**Manufactured under strict GMP (Good Manufacturing Practices).**

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