**COLD-WATER OMEGA 3 FISH OIL SOFTGELS**

Athletes have long known the power of Deep Cold Water fish oil to attain peak physical performance. Only recently has the rest of the world come to realize the exceptionally broad range of health benefits!

* Source of Omega-3 Essential Fatty Acids (EFA)
* Excellent Source of EPA and DHA
* Helps Support Brain Function and Heart Health

The Standard North American diet is seriously deficient in consumption of Omega 3 Essential Fatty Acids (EFAs) and is heavily unbalanced by an overabundance of Omega 6 and Omega 9 EFAs. Over consumption of Omega 6 and 9 combined with under consumption of Omega 3 is strongly correlated with inflammatory conditions.

**THE HEALTHIEST OF FATS**

Known as the healthiest of fats, Omega 3 EFAs provide a wide range of health and performance benefits; but it is most often very under-consumed - many sources say Omega 6 and 9 EFAs are consumed 20 times as much as Omega 3 EFAs when the ratio should be 2 Omega 6/9 to 1 Omega 3!

ALLMAX Nutrition Omega3 Fish Oils are an ultra-pure, highly concentrated form of Omega 3 derived from deep cold water fish that provide more of the Omega 3 factors than other fish.

* High concentration of long-chain Essential Fatty Acids, EPA and DHA.
* Molecular Level Distillation
* Smooth, easy-to-swallow Softgel capsules
* Neutralized Odor – No fishy repeats

A wide spectrum of research has shown that increased consumption of Omega 3 Essential Fatty Acids improves the elasticity of arterial walls and helps to reduce harmful levels of plasma triglycerides. It has also shown a reduction in weight with increased consumption of dietary Omega 3 EFAs. One study with consumption of over 3 grams a day of Omega 3 EFAs showed a 26% reduction in weight.

Because EFA's are found in high concentrations in the brain, they are essential for nerve conduction and brain function. In addition, a deficiency in Omega 3 EFAs may impair learning ability and memory. Rapid nerve impulses are essential for any athlete.

**THE ALLMAX ADVANTAGE**

ALLMAX Omega 3 EFAs are an ultra-pure, highly concentrated form of Omega-3 derived from clean deep ocean cold water fish. Processed in a licensed facility with cGMP certification, our Molecular Level Distillation ensures that you get the purest Omega 3 DHA and EPA factors.

ALLMAX OMEGA3 EFAs ARE TESTED FOR LEAD, CADMIUM, ARSENIC AND MERCURY.

ALLMAX OMEGA3 is available in a 180 softgel size.