

PHARMANEX® OPTIMUM OMEGA



MEET PHARMANEX® OPTIMUM OMEGA

Give your body the Omega-3 support it needs with Optimum Omega, a high-quality fish oil formula designed to help maintain normal heart health and support normal brain function. With both EPA and DHA also contributing to normal vision and normal immune response, Optimum Omega provides targeted support for key areas of daily wellness and overall well-being.

Optimum Omega stands out with its thoughtful blend of high-quality fish oil and a proprietary mix of traditional botanicals. Each serving includes the Pharmanex Botanical Fusion Blend—a unique combination harnessing the wisdom of traditional botanicals and power of modern science. This blend is designed to help enhance nutrient absorption, especially carotenoids, helping your body to make the most of your supplements and support your Prism iO™ Score.

WHY YOU'LL LOVE IT

- May help maintain normal heart function.
- May help support a healthy immune response.
- Supports joint flexibility, comfort, and mobility.
- DHA supports cognitive health and normal brain function.
- DHA may help maintain normal vision.
- Provides essential Omega-3 fatty acids (EPA & DHA) for overall health and wellbeing.
- Supports a healthy inflammatory response.

WHAT POWERS IT

- **Fish Oil**—Provides Omega-3 fatty acids, including EPA & DHA, essential for normal heart, brain, eye, joint, and immune function.
- **Pharmanex® Botanical Fusion Blend**—combining thousands of years of traditional botanical wisdom and cutting-edge modern science, this unique blend of ingredients is designed to help maximize your body's absorption and utilization of important nutrients, especially carotenoids, vitamins, and minerals.

HOW TO USE IT

Take one serving (2 soft gels) daily with food and water. For best results, use consistently as part of your daily wellness routine.

TRY THESE WITH IT

Prysm iO™
LifePak® Elements
TRMe™ Meal Balance

LEARN MORE ABOUT IT

What makes Optimum Omega unique?

Each serving provides 1000 mg of fish oil with 300 mg EPA and 200 mg DHA, two key Omega-3 fatty acids that may help support normal heart, brain, and vision health. It also features the Pharmanex® Botanical Fusion Blend, inspired by traditional Indian wisdom and advanced by modern science. Together, this formula sets Optimum Omega apart as more than just fish oil.

How does it fit into my supplement routine?

Optimum Omega can be taken on its own or paired with carotenoid-rich supplements like LifePak® Elements or Meal Balance. When used together, these products may help support overall nutrition and improve carotenoid absorption, which can help raise your Prysm iO™ Score.

What is the benefit of the Pharmanex® Botanical Fusion Blend?

The Pharmanex Botanical Fusion Blend combines traditional botanicals selected to reflect Indian traditions and backed by modern nutritional science. This blend is designed to help your body absorb nutrients more effectively, like vitamins, minerals, CoQ10, and especially carotenoids, which play a role in supporting immune, eye, and overall health. By improving absorption, the blend helps you get more out of carotenoid-containing supplements like LifePak® Elements and Meal Balance, while also supporting your Prysm iO™ Score over time.

How does Optimum Omega support my Prysm iO™ Score?

Optimum Omega doesn't directly raise your Prysm iO Score, but it plays an important supporting role. Carotenoids are fat-soluble nutrients, so they're better absorbed when taken with healthy fats like fish oil. The Pharmanex Botanical Fusion Blend is designed to further enhance nutrient uptake. When combined with carotenoid-rich supplements such as LifePak® Elements or Meal Balance, Optimum Omega helps your body absorb more carotenoids, supporting your Prysm iO Score over time.

Can I get all of the Omega-3s that I need in my diet alone?

Omega-3 fatty acids are considered "essential fatty acids" because they are vital for health yet cannot be synthesized by the body. They, therefore, must be supplied in the diet. People whose healthy diets include frequent consumption of fish can get most of the Omega-3s that they need. However, typical diets only include around 3.5 ounces of fish per week—half of what experts recommend. Supplementation with Optimum Omega is a convenient and safe way to add Omega-3 fatty acids into the daily diet.

SCIENCE THAT PROVES IT

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WHAT'S IN IT

[Supplement facts coming soon]