



OmegaGenics®

Mega 10™

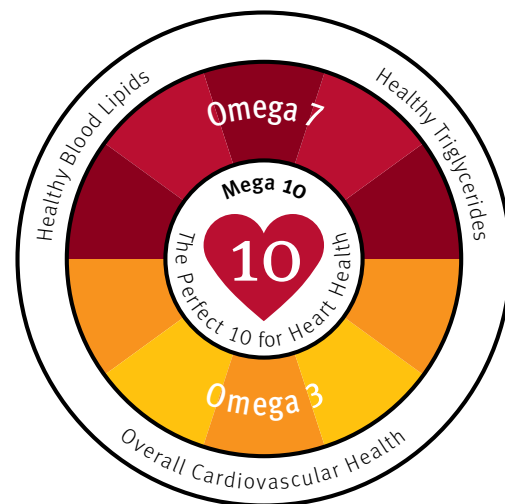
Omega 7+3 Combination

The Perfect 10 for Heart Health



Mega 10—The Perfect 10 for Heart Health

- Delivers a powerful combination of purified omega-7 and omega-3 fatty acids to provide targeted support for cardiovascular health*
- Unique levels and ratios of omega-7 and omega-3 fatty acids designed to support healthy triglycerides and blood lipids*
- Designed to support healthy cardiovascular system function*



Pur

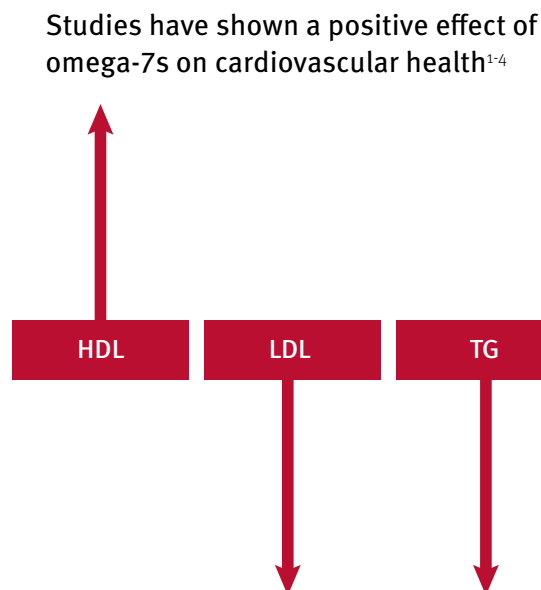
- Mega 10 provides 105 mg of palmitoleic acid from concentrated omega-7 in each softgel and is purified to remove palmitic acid
- Palmitic acid is a saturated fatty acid that may have a negative impact on important aspects of heart health*
- Many unpurified palmitoleic acid preparations, such as those from sea buckthorn, may contain high concentrations of palmitic acid
- Mega 10 also provides a concentrated dose of 500 mg of combined EPA and DHA in each easy-to-swallow, enteric softgel with a natural lemon flavor



* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

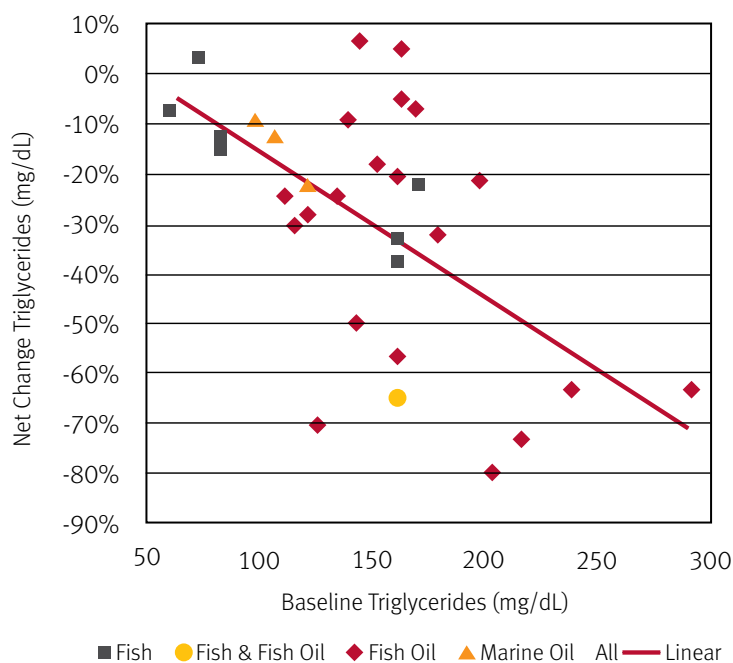
Emerging Science for Omega-7s

- In animal studies, palmitoleic acid administration suggests promising evidence to support its role in cardiovascular health and insulin function*¹
- A cross-sectional study has shown a positive association between circulating palmitoleate and healthy insulin and lipid metabolism*²
- A recent open label pilot study with 16 patients participating in a lifestyle change program and who supplemented with purified omega-7s for 30 days showed improvements in triglycerides and both LDL and HDL cholesterol levels*³
- Preliminary results from a recent placebo controlled study with 60 healthy patients demonstrated improvements in blood lipids—further confirmation of the role of omega-7s in promoting cardiovascular health*⁴

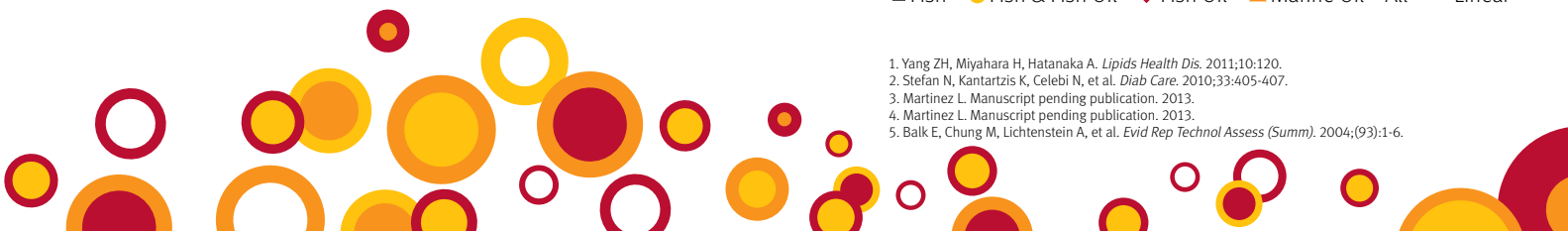


Health Benefits of Omega-3s

- Widely studied, with over 20,000 published scientific papers that support health benefits*
- Benefits include support for cardiovascular health, healthy brain development, healthy immune response, and overall health*
- Demonstrated to support healthy triglycerides (see chart at right)*⁵



1. Yang ZH, Miyahara H, Hatanaka A. *Lipids Health Dis.* 2011;10:120.
 2. Stefan N, Kantartzis K, Celebi N, et al. *Diab Care.* 2010;33:405-407.
 3. Martinez L. Manuscript pending publication. 2013.
 4. Martinez L. Manuscript pending publication. 2013.
 5. Balk E, Chung M, Lichtenstein A, et al. *Evid Rep Technol Assess (Summ).* 2004;(93):1-6.



Mega 10™

Omega 7+3 Combination

Supplement Facts

Serving Size 1 Softgel
Servings Per Container 60

	Amount Per Serving	% Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%*
Natural Marine Lipid Concentrate	782 mg	**
EPA (Eicosapentaenoic acid)	330 mg	**
DHA (Docosahexaenoic acid)	170 mg	**
Other Omega-3 Fatty Acids	60 mg	**
Omega-7 Fatty Acids (as EE)	210 mg	**
Palmitoleic Acid	105 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

Ingredients: Fish oil (anchovy, sardine), water, gelatin, glycerin, natural lemon oil, pectin, sorbitol, and mixed tocopherols. **Contains: fish (anchovy, sardine).**

Directions: Take one softgel one to two times daily with food or as directed by your healthcare practitioner.

Caution: If pregnant or nursing, or taking medication consult your healthcare practitioner before use. Do not use before surgery. Keep out of the reach of children.

Storage: Keep tightly closed in a cool, dry place.

This product is Gluten Free.



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The Perfect 10 for Heart Health

OmegaGenics Mega 10 is the more complete omega formula for heart health. It delivers a powerful combination of purified omega-7 and omega-3 fatty acids to provide targeted, enhanced support for healthy blood lipids, triglycerides, and overall cardiovascular health.*

Why Mega 10 is the Perfect 10 for Heart Health*

- ✓ Purified omega-7 fatty acids processed to remove palmitic acid
- ✓ 6.6 times more EPA-DHA than the leading krill oil (500 mg vs. 74 mg per softgel)
- ✓ Enteric softgels reduce the likelihood of repeating (burp-up) in susceptible individuals
- ✓ Purity guaranteed—each batch is purity guaranteed and tested by a third-party lab for quality you can trust
- ✓ Concentrated dose in easy-to-swallow softgels with a natural lemon flavor



To order, contact your Metagenics Representative or call: **800 692 9400**
www.metagenics.com