



# Wellness Minute

Health Information You Can Use On Your Path To Wellness

## THIS Is My Go-To Fish Oil



Biomega-1000™



Here's Why

## Biomega-1000 Fish Oil

**“Not only is it fresh, the oil is fully traceable from catch to capsule, has unparalleled purity, has a longer shelf life, and is cost efficient.”**

Did you know that the process of catching a fish and processing the oil to the point where it can be put in a capsule takes well over a YEAR? No wonder *Journal of Nutritional Science* reported in November 2015 that 50% of omega-3 fatty acid supplements purchased by researchers in Canada failed tests for freshness and exceeded limits for oxidation.

Let's take a closer look at the “fish oil” industry to better understand the dynamics behind fish oil.

Here's an overview of the process. Fish are caught, and the oil is collected and sent to huge distribution centers in Asia or The Netherlands. Next, the oil is loaded into tankers and transported to the North

Atlantic where it is pumped into another tank. The tank is then transported to Norway where it is processed into a concentrate and put into barrels. Next, it is shipped to US markets. Barrels are then sent to a manufacturer such as Biotics, which in turn sends it to a facility to put the oil into capsules. Then large quantities of capsules are shipped back to the manufacturer where they are put into individual bottles. Finally, they are available to be sold to the public.

Fish oil is a bioactive compound, and like many foods, nutritional effectiveness is highly sensitive to air, temperature, and light. You may not know, over time, there is a quantifiable/measurable degradation of nutrients and oxida-

tion/rancidity levels, and also a non-quantifiable degradation of the “aliveness” of the raw materials. For example, at the time of picking, an apple is bursting with nutrients, but it is also bursting with life-factors we know nothing about. Both degrade over time.

In keeping with Biotics' philosophy of purity and bioavailability, Biotics has located a strategically-placed, state-of-the-art facility to process fish oil from anchovies in the South Pacific Ocean. The facility is literally on the beach where the fishing boats dock. Because the facility is so state-of-the-art, they have full traceability of their oils. This means they can trace the oil to the actual boat and date it was harvested. Biotics Research Corporation's strategically-

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placed facility dramatically minimizes transportation, shipping, and processing time from “catch to capsule.” The fish are caught and oils processed a short distance from harvest, eliminating vulnerability to rancidity, greatly enhancing effectiveness.

This fish oil is now available exclusively through your Wellness clinician: Biomega-1000 from Biotics Research Corporation. Each capsule yields 1000 mg of omega 3 oils, 572 mg of EPA, and 429 mg of DHA. Bottles contain 90 capsules for convenience and is the most reasonably priced fish oil on the market.

Smaller fish don't have long-term exposure to mercury and other environmental contaminants. An organization called GOED which stands for Global Organization for EPA and DHA sets quality standards for the industry. Needless to say, Biomega-1000 passes GOED standards with flying colors. Another industry marker called TOTOX (Total Oxidation Value) is used to describe total oxidation to which “oil has been exposed.” This reflects the levels of contaminants, environmental pollutants, and heavy metals. The Biotics Research quality control lab measures TOTOX levels when oils are purchased to assure purity. But unlike other manufacturers, Biotics Research also measures them

after encapsulation to assure oils are not contaminated by manufacturing or in transit. Fish oil from smaller fish processed in the South Pacific for Biotics Research Corporation has the lowest TOTOX levels in the industry.

As if the purity, stability, and traceability weren't enough, Biomega-1000™ uses the triglyceride form of fish oil versus the ethyl ester (EE) and monoglyceride form (MG). Ethyl ester forms are generally found in discount stores. According to a review of evidence reported in the journal, *Progress in Lipid Research*, bioavailability seems to be lowest for the ethyl ester form. Conversely, studies confirm that the triglyceride form of fish oil is more efficiently digested and 70% more absorbable than the ethyl ester form.

It's a huge upgrade. The new Biomega-1000 contains oils that are encapsulated in 1/3 the amount of time it takes for other commercial oils. And what it means to YOU is that your clinician can offer and guarantee the freshest fish oil available. Not only is it fresh, the oil is fully traceable from catch to capsule, has unparalleled purity, has a longer shelf life, and is cost efficient. That is exactly what we are all are looking for... the best product at the best price. Ask your clinician about the NEW Biomega-1000.