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The Fish Oil #supplement You Should Be Taking

@USANAinc BiOmega™ Reels in Rigorous Independent Testing

SALT LAKE CITY, April 16, 2014 /PRNewswire/ -- (NYSE: USNA) -- There's nothing fishy about [USANA's](#) wildly popular [BiOmega™](#) fish oil supplement. It has been thoroughly tested, evaluated and given the respected stamp of approval by [ConsumerLab.com](#), a leading provider of independent product testing helping consumers and healthcare professionals make safe and knowledgeable purchasing decisions.

THE STUDY

In a recent study, ConsumerLab.com determined that USANA's BiOmega contains its labeled amount of fish oil and omega-3 fatty acids, including EPA and DHA. The review can be found on the company's website at www.consumerlab.com.

"USANA is concerned with three main points when making its supplements: quality, safety and efficacy. That's why we use nothing less than the highest quality ingredients possible when manufacturing our supplements." —[Dr. John Cuomo](#), Executive Director of Product Development and Technology

THE BENEFITS

Heart, bone, joint, skin, brain, mood—you name it, omega-3 fatty acids help support it. Omega-3s are critical for maintaining healthy cells by providing the lipids needed for healthy cellular membranes. Cells are the foundation of every part of our body, so omega-3s are needed for health at the most basic level.*

Plus, with USANA's BiOmega, you get a little extra vitamin D, but without the fishy aftertaste due to the added lemon oil.

A FEW THINGS TO CONSIDER

1. **Purity.** Some supplements may fail to meet standards set by the more rigorous Prop 65 in California. USANA's product falls well below Prop 65's allowable levels of PCBs and meets or exceeds global industry standards.
2. **Sourcing.** Eating wild, cold-water fish remains the best source of omega-3s, but if your diet falls short and you need to supplement, note that USANA's BiOmega comes from small, clean fish (sardines and anchovies) from a fishery that uses sustainable practices and renewable resources.
3. **Blend.** While there doesn't seem to be a consensus on what the perfect ratio should be, it's important to pick a product that has both EPA and DHA. Virtually all studies that have shown health advantages have used supplements that contain both.
4. **Potency.** Compare your labels. The National Institutes of Health recommends that healthy adults get 650 mg per day of DHA+EPA. Even higher levels have been shown effective for supporting heart health, which is why a daily dose of USANA's BiOmega contains 1050 mg of EPA+DHA (1200 total omega-3 fatty acids) in a daily dose of two gencaps.

Read more about BiOmega on the What's Up, USANA? blog [Supplement Spotlight](#) post.

About USANA

Founded in 1992, USANA Health Sciences (NYSE: USNA) is a U.S.-based nutritional company that manufactures high-quality supplements, personal care and energy products in its [FDA-registered facility](#) in Salt Lake City. Learn more about USANA by visiting our website <http://www.USANA.com> or the official USANA blog <http://whatsupUSANA.com>.

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