

**VIVOTM
MEGA**

**HEART
HEALTH**

**CORONARY HEART
DISEASE (CHD)**

is a leading cause of death and the
foremost public health burden worldwide

MARINE OMEGA-3s

lower the risk for most cardiovascular end
points - myocardial infarction, CHD death,
total CHD, CVD death, and total CVD

**EPA + DHA
SUPPLEMENTATION**

significantly reduces cardiac
and all-cause mortality risk

**HEART HEALTH BENEFITS
OF OMEGA-3s**

- Lower triglyceride levels in the blood
- Lower blood pressure
- Slow down the rate that plaque (fat) builds up in arteries
- Reduces risk of developing an arrhythmia (irregular heartbeat)
- May reduce fatal arrhythmia events

Recommended daily intake:

250mg

HEART HEALTH_{continued}

CLINICAL STUDIES

Clinical studies have shown that multiple risk factors for heart disease appear to be reduced by consumption of fish or fish oil. The benefits of fish oil for heart health include:

Cholesterol levels:

It can increase levels of “good” HDL cholesterol.

Triglycerides:

It can lower triglycerides by about 15–30%.

Blood pressure:

Even in small doses, it helps reduce blood pressure in people with elevated levels.

Plaque:

It may prevent the plaques that cause your arteries to harden, as well as make arterial plaques more stable and safer in those who already have them.

Fatal arrhythmias:

In people who are at risk, it may reduce fatal arrhythmia events. Arrhythmias are abnormal heart rhythms that can cause heart attacks in certain cases.

RDI[^]

DHA and EPA contribute to the normal function of the heart (250 mg per day).

DHA and EPA contribute to the maintenance of normal blood pressure (3 g per day).

DHA and EPA contribute to the maintenance of normal blood triglyceride levels (2 g per day).

DHA contributes to maintenance of normal blood triglyceride levels (2 g per day in combination with EPA).

SUGGESTED PRODUCTS

	EPA mg/g	DHA mg/g	TOTAL n ₃
VIVOMEGA PLATINUM* 6020 TG Premium	600	200	850
VIVOMEGA ULTRA* 4030 TG Premium	400	300	750
VIVOMEGA CORE* 3624 TG Premium	360	240	620

* NORWEGIAN SUPERIOR QUALITY OMEGA-3 FISH OIL CONCENTRATES
ALL PRODUCTS ALSO AVAILABLE IN EE FORMAT

A product by  **GCRIEBER**

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CORONARY HEART
DISEASE KILLS
7 MILLION+
WORLDWIDE
EACH YEAR

CORONARY HEART DISEASE (CHD), OR CORONARY ARTERY DISEASE, DEVELOPS WHEN THE CORONARY ARTERIES BECOME TOO NARROW. THE CORONARY ARTERIES ARE THE BLOOD VESSELS THAT SUPPLY OXYGEN AND BLOOD TO THE HEART. CHD TENDS TO DEVELOP WHEN CHOLESTEROL BUILDS UP ON THE ARTERY WALLS, CREATING PLAQUES. CHD CAN SOMETIMES LEAD TO HEART ATTACK.

CORONARY HEART DISEASE (CHD) KILLS 370,000+ PEOPLE IN THE U.S. EACH YEAR AND 7 MILLION+ WORLDWIDE (GOED). POPULATIONS CONSUMING LARGE AMOUNTS OF MARINE ANIMALS AND SEAFOOD, SUCH AS THE GREENLAND ESKIMOS, HAVE REMARKABLY LOW RATES OF ACUTE HEART ATTACK.

[^]European Food Safety Authority Health Claims (EFSA J. (2010) 8(3):1461-1568):

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