

OMEGADE™

The  
Exercise  
Coach.

Exercise Coach® OmegAde™ fish oil smoothie is a delicious way to receive the proven benefits of fish oil supplements. OmegAde's™ formula is the most pure, efficacious, and stable mixture available and 2 tsp. provide a potent 1820 mg of EPA/DHA. OmegAde™ has a smooth texture and great lemon or orange flavor. It's a great way for both adults and children to get their daily dose without swallowing more pills. OmegAde™ can be taken alone or mixed with water, juice, or your favorite blended beverage.

Taking OmegAde™ fish oil smoothie is like getting more fish on your dish!

These statements have not been evaluated by the food and drug administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## ***Benefits at a glance***

- TruTG™ (triglyceride form) of fish oil
  - Naturally occurring form in foods and in the body
  - 100% more bio-available than the typical EE form of fish oil
  - Less prone to oxidation and production of free radicals
- No fishy taste or oily texture
- Convenient to take with great lemon or orange taste and smooth texture

## ***Some of the studied and proven benefits of fish oil***

Reduces overall inflammation which leads to a myriad of disease | Lowers triglycerides (fat stored in the blood) and helps maintain your blood cholesterol levels in the normal range | Helps give you an energy boost | Affects serotonin, thus improving symptoms of depression, mental attitude | Lowers blood pressure and promotes overall heart health | Lubricates your joints | Reduces risk of many types of cancer | Boosts your immune system | Supports brain and nervous system | Promotes healthy birthing in women | Helps reduce body fat storage | Combined with exercise, can provide significantly better fat loss than exercise or fish oil alone | Increases insulin sensitivity leading to less fat storage and more fat release

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