



Healthy heart
and **mind**
make the golden years
shine

Anyone who has witnessed a loved one endure Alzheimer's disease, heart disease or debilitating joint pain can attest to the devastating effect these health problems can have on your quality of life. Scientists are increasingly focused on finding supportive measures to keep us healthy and mentally sharp as we age so that we can enjoy our golden years.



Immunotec

Providing Nutritional Solutions to Support Health



Omega-3
with Turmeric

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 Immunotec®

Omega-3

with Turmeric

Dietary Supplement

Source of Omega-3 fatty acids
for the maintenance of heart
and brain function



Certified free of contaminants

You **know** you **should** be eating **more polyunsaturated fatty acids**

Research has convincingly shown the potential benefits of omega-3 fatty acids (DHA and EPA) found in whale blubber, flaxseed, walnuts, and especially cold water fish:

- promotes optimal cardiovascular health
- supports proper brain and neural development



Add **spice!**

What could possibly outdo the multitude of benefits offered by omega-3 fatty acids? Try sprinkling in some curry.

Just as the low incidence of heart disease in certain populations encouraged researchers to explore the benefits of fatty fish consumption, scientists are looking into dietary factors that could account for the impressive levels of high-functioning mental and physical activity in the aging Asian Indian population.

A potential explanation for this phenomenon is the local use of curry (a combination of spices which contains turmeric) for flavor and as a natural preservative. Already known as an effective remedy for gastrointestinal symptoms, turmeric has been traditionally used for jaundice, hepatitis, fibromyalgia, liver and gallbladder problems, headaches, joint and bone pain, rheumatoid arthritis, and cancer.

Turmeric shows exciting promise due to its anti-inflammatory activity and antioxidant properties. The potential effect of turmeric on neurodegenerative diseases such as Alzheimer's disease may help account for the active lives enjoyed by so many Asian Indians.



Are you **going** to **eat** **curried sardines?**

To meet the Canadian Heart & Stroke Foundation's recommendation that we increase our intake of fatty acids, many people increase their consumption of popular fish such as salmon. Unfortunately, increased fish consumption can also lead to increased exposure to heavy metals, such as mercury, from pollution.

Adding turmeric to your diet doesn't carry the risks of eating polluted fish, but people still aren't likely to enthusiastically sprinkle curry on their food. Many delicious Indian dishes feature the intense yellow spice; however, curry doesn't easily complement other popular cuisines.



Boost your usual **breakfast**

Luckily, for people who want to increase their consumption of omega-3 fatty acids and turmeric without eating curried sardines, quality supplements provide an easy alternative. Immunotec's **Omega-3 with Turmeric** supplement is a high-quality source of omega-3 fatty acids for the maintenance of heart and brain function, and is certified free of contaminants. Research shows that fish oil is the superior source of omega-3 and each soft gel contains cold-pressed Norwegian fish oil (anchovy, mackerel, and sardine) and turmeric to provide 270 mg of EPA, 180 mg of DHA, and 95 mg of curcuminoid. And the synergistic combination of fish oil and turmeric results in enhanced absorption of the turmeric.

Adults looking for a potent source of antioxidants and the maintenance of heart and brain function with omega-3 fatty acids and turmeric should take two soft gels per day, preferably with breakfast.

*After taking your **Omega-3 with Turmeric** each morning, envision yourself enjoying health and vitality for many years.*