



Mother/Child

BiOmega™ Jr.

A delicious burst of omega-3s to support healthy growth and development



A growing body of research shows the importance of omega-3 fatty acids for our health, even at the earliest stages of life. Because we know how important these vital nutrients are, pregnant women and new mothers often supplement their diets, and most infant formula is now fortified with omega-3s to help support a baby's growing brain and body. But when a child transitions to eating solid foods, the amount of omega-3s in his or her diet may drop dramatically and stay low throughout childhood, especially if the child is a finicky eater. In fact, nearly 80 percent of children in North America are estimated to be deficient in omega-3s. In order to ensure a child's healthy growth and development, it may be necessary to add a quality omega-3 supplement to their diet. USANA's BiOmega Jr. delivers a healthy amount of omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), along with vitamin D, in a creamy orange-pineapple flavored gel.

### HEALTHY BRAINS

Omega-3 fatty acids assist with maintaining the fluidity and permeability of cell membranes, and brain-cell membranes in particular contain more than 10 times more concentrated omega-3s than the rest of the body. Low plasma levels of DHA and EPA have been associated with various developmental problems, such as impaired cognitive development, in children. Our bodies require omega-3 fatty acids, especially DHA, for proper brain development and structure. DHA is thought to support electric signaling in the brain, underscoring its role in learning ability, memory, concentration, and behavior and mood. And some studies have suggested that intakes of omega-3 polyunsaturated fats can contribute to improved performance on tests for verbal learning ability and listening comprehension.

Essential fatty acids, including EPA and DHA, also influence nerve conduction, making them vital for the health of the central nervous system, which stems from the brain.

### HEALTHY BODY

Omega-3 fatty acids, including DHA and EPA, are precursors for eicosanoids, which are mediators of many biochemical processes and influence interactions between cells. Thus, they are necessary for the normal function and production of healthy cells throughout the body, making them vital for ongoing healthy growth and development.

Developing a healthy body early in life can have long-term, positive effects. Some research suggests that early nutrition can induce lifelong effects on metabolism, growth, neuro development, and cardiovascular health. Several clinical studies have shown omega-3 fatty acids are beneficial for the heart and vascular system throughout our lives, and supportive—but not conclusive—research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease. One serving of BiOmega Jr. provides 350 mg of EPA and 230 mg of DHA omega-3 fatty acids. (See nutrition information for total fat, saturated fat, and cholesterol content.)

### WHY BIOMEGA™ JR.?

Nutrition is a key component in getting a child off to a smart start, but omega-3 fatty acids are often missing from children's diets. A quality supplement like USANA's BiOmega Jr. can make it fun and easy for kids to get the DHA and EPA they need for healthy minds and bodies without taking a supplement full of added sugar. Unlike many popular brands that supply only small amounts of omega-3s, BiOmega Jr. supplies a valuable amount of highly absorbable DHA and EPA in a delectable orange-pineapple flavored gel with no fishy taste. With 1,000 IU of added vitamin D, BiOmega Jr. also supports developing bones and overall good health. Packaged in single-serve packets, kids will love having BiOmega Jr. as a treat every other day, and parents will love how convenient it is to give their kids a healthy snack, either straight from the packet or mixed into yogurt or other creamy foods. For best results, store in the refrigerator and serve cold.

ITEM #144

**RECOMMENDED USE:** AGES 4–12 YEARS—TAKE ONE (2.5 G) PACKET EVERY OTHER DAY, WITH OR WITHOUT FOOD. SERVE CHILLED FOR AN EVEN BETTER TASTE.

SUPPLEMENT FACTS		
SERVING SIZE: 1 PACKET		
SERVINGS PER CONTAINER: 14		
AMOUNT PER SERVING		%DV*
CALORIES 20		
CALORIES FROM FAT 20		
TOTAL FAT	2 g	3%
SATURATED FAT	0.5 g	3%
TRANS FAT	0 g	
CHOLESTEROL	20 mg	7%
TOTAL CARBOHYDRATE	0 g	0%
VITAMIN D3 (AS CHOLECALCIFEROL)	1000 IU	250%
FISH OIL	2000 mg	†
LONG CHAIN OMEGA-3 FATTY ACIDS	650 mg	†
EPA	350 mg	†
DHA	230 mg	†

\*PERCENT DAILY VALUES ARE BASED ON A 2,000 CALORIE DIET. †DV NOT ESTABLISHED.

OTHER INGREDIENTS: WATER, PASTEURIZED EGG YOLK, ASCORBIC ACID (PRESERVATIVE), NATURAL ORANGE FLAVOR, NATURAL PINEAPPLE FLAVOR, STEVIA LEAF EXTRACT, VEGETABLE OIL, SODIUM ASCORBATE, D-ALPHA TOCOPHEROL (PRESERVATIVE), CITRIC ACID, POTASSIUM SORBATE, SODIUM BENZOATE, BETA CAROTENE (COLOR), XANTHAN GUM, MENTHOL.

CONTAINS: EGG.  
KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

### References

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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.