



## Essential Omegas™ Product Specifications

A cornerstone of the **Burgstiner Wellness Protocol™**, **Essential Omegas™** is a state of the art blend of omega 3, 6 and 9 fatty acids from cold expeller-pressed flax and borage oils and molecularly distilled fish oil. This cutting edge formulation is a balanced blend of essential nutritional fats that are critical to life, from maintaining cellular communication and structural integrity to energy production. Omega fats such as DHA, ALA, EPA and GLA greatly reduce inflammation in the body by moderating the release of inflammatory cytokines. Omegas are said to benefit cardiovascular health by helping to normalize cholesterol levels and by inhibiting the formation of atherosclerotic plaque. They also naturally thin the blood by reducing platelet aggregation (clumping together of red blood cells). Often referred to as “brain food”, omega three fats such as DHA and EPA are quite literally the primary building blocks of brain tissue.

CLA is another essential fat thought to promote healthy immune system function and normalize cholesterol levels, and is associated with reducing body fat and increasing muscle mass in overweight people. CLA is isolated from safflower oil, and is said to be prized by many for its cancer fighting properties.

Without adequate omega three fat levels in our body, healthy skin, joints, heart and brain function are impossible, yet the standard American diet is drastically lacking in these nutrients. In fact, the ratio of omega three to omega six fats in our diet is said to have skyrocketed in modern times from an ideal one to one ratio to as much as one to twenty! Increasing rates of degenerative disease, cancer, premature aging and death are the result. Taking **Essential Omegas** is a safe, effective and convenient way to reverse the deadly omega 3/6 ratio that is so prevalent in the western diet.

**SUGGESTED USE:** As a dietary supplement, take one (1) to three (3) softgels daily with food, or as directed by a healthcare professional.

A balanced blend of full spectrum fats that are essential to cardiovascular, nervous system and skin health.†

**CAUTION:** Do not exceed recommended dose. Pregnant or nursing mothers, children under 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

**KEEP THIS AND ALL OTHER DIETARY SUPPLEMENTS OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL UNDER BOTTLE CAP IS MISSING OR BROKEN. STORE IN A COOL, DRY PLACE.**

†These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

We back our products with an **Unconditional Satisfaction Guarantee!**  
 Questions or Comments - Call 800-556-5530  
 Or visit our Website: [www.logosnutrionals.com](http://www.logosnutrionals.com)  
 Manufactured Exclusively for LOGOS NUTRITIONALS, LLC.  
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**LOGOS**  
NUTRITIONALS

**Essential Omegas™**

Complete with Omega-3, 6, & 9!

**90 Softgels | Dietary Supplement**

**Supplement Facts**  
Serving size: 1 Softgel

Amount Per Serving	%Daily Value
Calories	10
Calories from Fat	10
Total Fat	1 g 2%
Polyunsaturated Fat	0.5 g *
Vitamin E (as dl-Alpha Tocopherol)	10 IU 33%
CLA (conjugated linoleic acid 70% from safflower oil)	300 mg *
GLA (gamma linoleic acid from borage seed oil)	250 mg *
ALA (alpha linoleic acid from flax seed oil)	150 mg *
EPA (Eicosapentaenoic Acid / fish oil)	125 mg *
DHA (Docosahexaenoic Acid / fish oil)	100 mg *
Omega-3-6-9 Blend (from fish oil and borage seed oil)	75 mg *

\*Daily Value not established.

Ingredients: Safflower oil, cold expeller pressed borage oil, flaxseed oil, gelatin, glycerin and purified water.

- Molecularly Distilled
- Deep Sea Cold Water Fish Oil
- PCB and Mercury Free

**ALLERGEN WARNING: CONTAINS FISH (FISH OIL)**

Lot#: \_\_\_\_\_  
 Manufacture Date: \_\_\_\_\_ Best if used by: \_\_\_\_\_

The products and the claims made herein have not been evaluated by the FDA and are not intended to diagnose, treat, cure or prevent disease. The information provided is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional.

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