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Omega Life-3 Resolv



In our fast-paced, overly processed world, our diets have become inundated with foods full of unhealthy fats that create major health issues down the road. While many people may have heard of omega-3 fatty acids and know they are considered heart-healthy fats that come from fish, getting enough or the right kind of fish in our diet isn't always feasible.

Additionally, most people haven't heard of omega-6 fatty acids, and don't know the significance of having a balanced ratio of omega-3 to omega-6 consumption. As a rule, most people in Europe and America consume about 10 to 15 times more omega-6 than omega-3 fatty acids, as omega-6 fatty acids are found in large quantities in many vegetable oils, but also in meat, eggs and dairy products. However, according to experts, the ideal ratio of omega-6 to omega-3 for the human body is 5 to 1. Evening out this ratio proves difficult as food sources of omega-6 are a lot more accessible and common in the average diet than food sources of omega-3 fatty acids.

Introducing Unicity Omega Life-3 Resolv. Unicity Omega Life-3 Resolv is a high-quality, concentrated, purified fish-oil supplement that delivers 1,500 mg of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), two of the most powerful omega-3 fatty acids. EPA and DHA are known for their role in cardiovascular support, cognitive performance, and cell structure stability. In addition, this combination provides additional omega-3s in the diet to help balance the omega-3 to omega-6 ratio.

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Features



Provides up to 1,700 mg of omega-3 fatty acids each day, including fatty acids EPA and DHA



Includes vitamin E, a fat-soluble antioxidant, that helps protect cells from oxidative stress



Includes a dose of natural wintergreen flavor to help minimize fishy aftertaste associated with most omega-3 supplements

Benefits

- EPA and DHA contribute to normal heart function.
- DHA contributes to the maintenance of normal brain function.
- Replacing saturated fatty acids with monounsaturated and/or polyunsaturated fatty acids in the diet contributes to the maintenance of normal blood cholesterol levels.

Usage

- Take four softgels daily with water. For best results, take with food.

Ideal for

- Individuals wanting to support metabolic health.
- Individuals looking to balance their omega-3 to omega-6 ratio.
- Individuals looking to supplement omega-3 fatty acids without adding fish to their diets.

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Featured Ingredients

Daily Portion: 2 Softgels / Tagesportion: 2 Gel-Kapseln / Taille de portion: 2 Gélules	
Amount per daily portion / Menge pro Tagesportion / Quantité par portion	
Vitamin E / Vitamine E	25mg (208% NRV*)
Omega-3 Fatty Acids / Omega-3-Fettsäuren / Acides gras omega-3	850mg
Eicosapentaenoic acid / Eicosapentaensäure / Acide Eicosapentaénoïque	500mg
Docosahexaenoic acid / Docosahexaensäure / Acide docosahexaénoïque	250mg
Other Omega 3 fatty acids / Sonstige Omega-3-Fettsäuren /	100mg
Autres Acides gras oméga-3	
* NRV = Nutrient Reference Values / Nährstoffbezugswerte / Valeurs Nutritionnelles de Référence	

OTHER INGREDIENTS: Fish Oil Ethyl Ester, Fish Gelatin (Tilapia), Beeswax, Glycerin, dl-alpha Tocopheryl Acetate, Purified Water, Wintergreen (Gaultheria procumbens) Oil, Soy Lecithin, L-Arginine, Rosemary (Rosmarinus officinalis L.) Extract, Sunflower Oil, Mixed Natural Tocopherols, L-Ascorbyl Palmitate.

CONTAINS: Fish and Soy.

Omega-3 fatty acids: Contrary to what most people think, not all fats are bad. In fact, some fats, like omega-3 fatty acids, are known to be beneficial and even essential for the body to function optimally. Omega-3 fatty acids play an important role in cardiovascular health and neural development. Experts recommend individuals obtain sufficient omega-3 fatty acids by eating fatty fish twice a week. However, many people struggle to eat fish due to allergies, inaccessibility, or just preference. Omega Life-3 Resolv is a perfect alternative.

Vitamin E: An essential nutrient to our diet, vitamin E is the primary lipid-soluble (fat-soluble) antioxidant in the body. It serves the important biological function of preserving the structural stability of various biological lipids, such as omega-3s and lipids that comprise all cell membranes in the body.

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FAQs What are fatty acids?

Fatty acids are the building blocks of fat in the body and in the food we eat. The length (size), shape, and degree of saturation determine the function of the fatty acids. Short-chain fatty acids can be absorbed faster into the body for energy use, while long-chain polyunsaturated fatty acids, like omega-3, display other health benefits such as those mentioned above.

Why should I take Omega Life-3 Resolv?

Every cell membrane in the human body is composed of fat (lipid) molecules. The type of fat within the cell membrane helps to determine the structure and function of the cell—notably, omega-3 fatty acids play a part in the normal functioning of the heart and brain. Most of us can benefit from increasing fish oil intake for a healthier balance of omega-3 to omega-6 fatty acids. Omega Life-3 Resolv can help us achieve this balance.

Should I be concerned about high levels of mercury that are found in some fish?

Because the quality and safety of our products is of utmost importance, each lot of Unicity's Omega Life-3 Resolv is tested for compliance to strict quality criteria for heavy metals, as well as appearance, active ingredient label claims, microbial limits, and more, thus ensuring quality, safety, purity, strength, and formula composition. As a result, you can be assured that our Omega Life-3 Resolv is a high-quality, premium choice for you and your family.

What species of fish are used in Omega Life-3 Resolv?

Omega-3 fatty acids in Omega Life-3 Resolv are sourced from omega-3 fatty acid-rich fish like wild anchovies, sardines, and mackerel.