



Omega-Mood™

Quest Omega-Mood™ is a high-quality blend of carefully selected concentrated fish oils that provide a high ratio of the omega-3 fatty acids EPA and DHA. Research shows that countries with a higher intake of fish, and therefore, a greater intake of omega-3 fatty acids, have a lower incidence of depression. Consequently, adding a source of omega-3 fatty acids to the diet may help to ease symptoms of depression and other mood disorders such as schizophrenia, seasonal affective disorder (SAD), postpartum depression, and bipolar disorder or manic depression.



PRODUCT CODE: 338550

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps support a positive mood balance.	Softgels	Adults take 4 softgels daily or as directed by a health care practitioner. Use for a minimum of seven weeks.

DESCRIPTION:

Each easy-to-swallow softgel of Quest Omega-Mood™ contains 1,000 mg of triple fish oil (sardine, salmon, and anchovy), yielding 510 mg of EPA (eicosapentaenoic acid) and 90 mg of DHA (docosahexaenoic acid). This product contains no artificial preservatives, colours, flavours, or corn, dairy, egg, gluten or sulfites. This product has been tested and meets international standards for levels of arsenic, cadmium, lead, mercury, pesticides and solvent residues.

Recommended Daily Allowance: Dosage varies, depending on age.

Food Sources: Fatty cold-water fish such as sardines, mackerel, and anchovies.

Causes of Deficiency: Diet deficient in omega-3 fatty acids and an excess of omega-6 fatty acids.

Symptoms of Deficiency: Mood disorders, depression, high cholesterol, high blood pressure, cardiovascular disease.

Complementary Nutrients: A healthy diet.

HOW IT WORKS:

The omega-3 fatty acids EPA and DHA are essential fatty acids; that is, they must be obtained from the diet because they are not manufactured in the body. Omega-3 fatty acids are an integral part of the body's cell membranes, including those in the brain and nervous system. When there is an imbalance in the types of fats that form these cell membranes, because of a lack of omega-3 fatty acids and an excess of omega-6 fatty acids and trans fats from a diet high in processed foods, the cell membranes lose their fluidity, flexibility, and permeability, causing a slowdown in neurotransmission. EPA and DHA ensure the efficient transmission of hormones and other compounds that help regulate mood and support emotional well-being.



DID YOU KNOW...

It has been estimated that the ratio of omega-6 to omega-3 fatty acids in the diet of early humans was 1:1, but the ratio in the typical Western diet is now almost 10:1 because of increased use of vegetable oils rich in omega-6 fatty acids and declining fish consumption.

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RESEARCH:

Scientific studies across different countries suggest an inverse association between seafood consumption and national rates of major depression and bipolar disorder. Several studies have found omega-3 fatty acid concentrations to be lower in the plasma and adipose tissue (fat) of individuals suffering from depression compared with controls. One randomized controlled trial that assessed the effects of EPA and DHA in patients with bipolar disorder found that those supplemented with EPA and DHA had a significantly longer period of remission than those on an olive oil placebo over a 4-month period. Patients who took the EPA and DHA supplements also experienced less depression than those who took the placebo.

SIDE EFFECTS:

No side effects expected at recommended dosage. High doses of fish oil may cause belching, flatulence, nausea, bloating, and diarrhea.







INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner before use if you have uncontrolled hypertension, a bleeding disorder, or if you are taking any anticoagulant medications (including aspirin). Individuals with diabetes should use this product with caution.

OTHER CONSIDERATIONS:

Consult a health care practitioner before use if you are pregnant or breastfeeding. Keep out of reach of children.

LABEL:

 <p>OMÉGA</p> <p>Omega-Mood™ Huile de poisson 1 000 mg</p> <p>Formule* élevée en AEP</p> <p>NPN 80006069</p> <p>90 gélules</p> <p>Aide à soutenir l'équilibre positif de l'humeur</p> <p>Sans colorants, arômes ou agents de conservation artificiels</p> 	<p>Usage recommandé : Aide à soutenir l'équilibre positif de l'humeur. Dose recommandée (adultes) : Prendre 4 gélules par jour ou selon l'avis d'un praticien de soins de santé. Utiliser pendant au moins sept semaines.</p> <p>Ingrédients médicinaux : Chaque gélule contient : Huile de poisson (anchois, saumon, sardine).....1 000 mg fournissant: Acide eicosapentaénoïque (AEP).....510 mg Acide docosahexaénoïque (ADH).....90 mg Ingrédients non médicinaux : vitamine E, gélatine, glycérine. Information sur les risques : Consultez un praticien de soins de santé avant de prendre ce produit si vous êtes enceinte ou allaitante. Ce produit ne contient aucun maïs, ingrédients laitiers, oeuf, gluten, lactose, amidon, sucre, sulfites ou levure. Ce produit a été soumis à des essais de qualité et est conforme aux normes internationales sur le dépistage d'arsenic, de cadmium, de plomb, de mercure, et de résidus de pesticides et de solvants.</p> <p>Recommended Use: Helps support a positive mood balance. Recommended Dose (Adults): Take 4 softgels daily or as directed by a health care practitioner. Use for a minimum of seven weeks.</p> <p>Medicinal Ingredients: Each softgel contains: Fish Oil (anchovy, salmon, sardine).....1000 mg providing: Eicosapentaenoic acid (EPA).....510 mg Docosahexaenoic acid (DHA).....90 mg Non-medicinal ingredients: Vitamin E, gelatin, glycerin. Risk Information: Consult a health care practitioner before use if pregnant or breastfeeding. This product does not contain corn, dairy, egg, gluten, lactose, starch, sugar, sulfites or yeast. This product has been tested and meets international standards for levels of arsenic, cadmium, lead, mercury, pesticides and solvent residues.</p> <p>RANGER DANS UN ENDROIT SEC ET FRAIS. TENIR HORS DE LA PORTÉE DES ENFANTS.</p> <p>STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.</p>	 <p>OMEGA</p> <p>Omega-Mood™ Fish Oil 1000 mg</p> <p>High EPA Formula*</p> <p>NPN 80006069</p> <p>90 softgels</p> <p>Helps support positive mood balance</p> <p>No artificial colours, flavours or preservatives</p> 	<p>DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE SCÉAU DE SÉCURITÉ SOUS LE CAPUCHON EST BRISÉ.</p> <p>www.questvitamins.com 1-877-929-2548</p> <p> SunOpta Inc. 6 Commerce Crescent Acton, ON L7J 2J3</p> <p> A Proud Canadian Company Une compagnie canadienne fière de l'être.</p> <p>F.P.O. - 80% / % LPC CODE TO BE: 0 5837 121840 8</p> <p>000000 000000 0</p> <p>38855301-04</p>
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