



Omega Smart 1000 mg

Quest Omega-Smart™ Fish Oil 1000 mg is a high-quality blend of fish oils that provide the essential fatty acids DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid). DHA and EPA are required for the proper development of the brain and central nervous system.



PRODUCT CODE: 338545

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Supports healthy brain and cognitive function.	Softgels	Adults take 3 softgels daily with meals.

DESCRIPTION:

Each easy-to-swallow softgel of Quest Omega-Smart™ Fish Oil contains 1000 mg of fish oil (anchovy, sardine, salmon, and/or tuna), providing 400 mg of DHA (docosahexaenoic acid) and 100 mg of EPA (eicosapentaenoic acid).

This product does not contain corn, dairy, egg, gluten, lactose, starch, sugar sulphites, or yeast.

Recommended Daily Allowance: Dosage varies, depending on age.

Food Sources: Fatty cold-water fish.

Causes of Deficiency: Diet deficient in essential fatty acids.

Symptoms of Deficiency: Low-birth-weight infants, infant poor visual acuity, attention deficit hyperactivity disorder (ADHD), age-related cognitive decline.

Complementary Nutrients: A healthful diet.

HOW IT WORKS:

The essential omega-3 fatty acids DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid) are not manufactured by the body, and therefore must be obtained by diet or supplementation. This formula is higher in DHA, an important compound in fish oils that has profound benefits for human brain health, development, and behaviour. DHA supports the rapid neurological, visual, and nervous system development of the fetus, especially in the last trimester of pregnancy, and continues during the first six months of an infant's life. The fetus is supplied with DHA through the placenta, and it is obtained by the infant through the mother's milk during lactation, providing she has sufficient intake of omega-3 fatty acids.



DID YOU KNOW...

For centuries, fish has been considered a “brain food” in many cultures around the world.

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RESEARCH:

Over the past five to ten years, scientists have uncovered powerful evidence that DHA (docosahexaenoic acid) supplementation during pregnancy enhances intelligence, cognition, and visual performance in infants and young children. DHA appears to have beneficial effects after birth as well, boosting children's performance on various intelligence tests. Moreover, DHA is rapidly becoming an important tool in managing teen and adult behavioural problems.

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, are taking any anticoagulant medications (including Aspirin), or if you have any other medical condition.

OTHER CONSIDERATIONS:

Keep out of reach of children.

LABEL:

		<p>Usage recommandé : L'Oméga-3 aide au maintien d'un cerveau sain et de la fonction cognitive. Dose recommandée (adultes) : Prendre 3 gélules par jour.</p>		<p>Recommended Use: Omega-3 supports healthy brain and cognitive function. Recommended Dose (Adults): Take 3 softgels daily.</p>	
<p>OMÉGA Omega-Smart^{MC} Huile de poisson 1 000 mg</p> <p>Formula[®] élevée en ADH</p> <p>NPN 80003055</p>		<p>Ingrédients médicinaux : Chaque gélule contient : Huile de poisson (anchois, sardine, saumon et/ou thon).....1 000 mg fournissant : ADH (acide docosahexaénoïque)400 mg AEP (acide eicosapentaénoïque).....100 mg Ingrédients non médicinaux : vitamine E, gélatine, glycérine. Ce produit ne contient aucun maïs, ingrédients laitiers, œuf, 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>Medicinal Ingredients: Each softgel contains: Fish Oil (anchovy, sardine, salmon and/or tuna).....1000 mg providing: DHA (docosahexaenoic acid).....400 mg EPA (eicosapentaenoic acid).....100 mg Non-medicinal Ingredients: Vitamin E, gelatin, glycerin. 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>90 gélules</p> <p>Aide au maintien de la fonction cognitive et de la santé du cerveau</p> <p>Sans colorants, arômes ou agents de conservation artificiels</p>		<p>OMEGA Omega-SmartTM Fish Oil 1000 mg</p> <p>High DHA Formula[®]</p> <p>NPN 80003055</p>		<p>90 softgels</p> <p>Supports cognitive function and brain health</p> <p>No artificial colours, flavours or preservatives</p>	
				<p>DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE SCEAU DE SÉCURITÉ SOUS LE CAPUCHON EST BRISÉ.</p> <p>www.questvitamins.com 1-877-929-2548</p> <p>SunOpta Inc. 6 Commerce Crescent Aurora, ON L7J 3K3</p> <p>A Proud Canadian Company Une compagnie canadienne fière de l'être.</p> <p>UPC CODE 10 00 056371 21899 2</p> <p>338245 01 05</p>	