

Q: How is NanOmega3 better than fish oil?

A: NanOmega³ is a much more complete nutrient than plain fish oil. It is far richer in vitamins, fiber, antioxidants, and phytoestrogens. NanOmega³ is a vegan product, made from organic ingredients, from an environmentally sustainable source, free of oceanic pollutants. There are no pills to swallow or objectionable tastes, and no resultant “fish burps”.

Q: What is the equivalent of one scoop of NanOmega3 to fish and fish oil?

A: NanOmega³ supplies the omega-3 content of a full serving of most fish. Depending on a person’s ability to convert ALA to EPA, the equivalent in total EPA/ DHA per serving is 200 to 500 EPA/DHA.

Q: How do you keep the product fresh and stable?

A: The “secret” is our Meadow Pure flaxseed which carefully selects only fully mature flaxseeds, which are richest in antioxidants.

Q: Why not just take flaxseed?

A: Although flaxseed has many benefits, its major drawback is that the short chain omega-3 fatty acids are not well converted to the all important long chain fatty acid DHA, which is so important for brain and eye health. NanOmega³ provides 100 mg DHA per serving, not from fish, but from the micro-algae fish, the very source! Plus NanOmega³ also provides synergistic vitamins (E, D, B6, B12 & folate) and 70 mg of high-antioxidant turmeric. Perhaps most important, ready to mix NanOmega³ is absolutely delicious!

Q: What are lignans?

A: Lignans are a phytonutrient (plant nutrient) of the classification known as polyphenols. They act like weak estrogens and are therefore called phytoestrogens. Lignans are also powerful antioxidants. The lignan content is likely one reason why flaxseed consumption is thought to support the health of the breast, prostate and colon.

Q: Why natural Vitamin E Succinate?

A: Natural vitamin E, derived from foods, is thought to be twice as bioavailable as synthetic vitamin E, derived from oil. Because polyunsaturated fatty acids (PUFA) like omega 3 and omega 6 are easily oxidized in the body, extra vitamin E should always be taken with EPA/ DHA supplements. The succinate form is thought to be most protective of breast and prostate health.

Q: Why natural Vitamin D3?

A: Vitamin D3, cholecalciferol, is generally agreed to be twice as bioavailable as vitamin D2, ergocalciferol. Fish is the best source of vitamin D in the diet, followed by Vitamin D2 fortified milk. Therefore 100% of the DV of vitamin D was added to this vegan formula. Vitamin D is not only important for strong bones, but also breast and prostate health and a strong immune system. Most authorities think that many of us not living in the warm sunny southern parts of the USA do not get enough vitamin D, especially if we are dark skinned or don't get moderate but regular sun exposure.

Q: How are the vitamins “synergistic”?

A: In addition to the two answers above, B vitamins are important in the conversion of ALA to EPA and DHA. B vitamins also support brain and heart health, in particular by helping to lower a pro-inflammatory substance called homocysteine.

Q: Is NanOmega3 organic?

A: Yes, NanOmega³ is made with “certified organic ingredients” which by definition means greater than 70% organic. NanOmega³ is non-GMO, and additive and preservative free.

Q: Is NanOmega3 gluten free?

A: Yes, NanOmega³ contains no gluten, wheat, barley, rye, corn or oats.

Q: Is NanOmega3 soy free?

A: NanOmega³ contains lecithin as soy as part of our patented NanoSorb[®] liposome which enhance the absorption of select, otherwise poorly bioavailable ingredients.

Q: Is NanOmega3 glutamate (MSG) free?

A: Yes, totally.

Q: Are the “natural flavors” really natural?

A: Yes, we do not use any artificial ingredients or any glutamate derivative flavor enhancers.

Q: Is NanOmega3 safe for children?

A: Yes. As soon as children have enough teeth to chew food, presuming no medical conditions warranting food avoidance or prescription drug use, they may enjoy up to a scoop a day, though ½ scoop is usually enough support for most children. As children approach puberty up to two scoops may be enjoyed, though one scoop will usually suffice. If you have concerns, please consult your family health provider.

For infants, it is likely being breast fed by a mother who is enjoying two scoops a day is the best advice, presuming the OBGYN concurs.

Q: Is NanOmega3 safe for pregnant and lactating women?

A: Yes. Indeed, we recommend 2-3 scoops a day for pregnant women, presuming the approval of the health care provider in charge!