

AIMega® provides a balanced 2:1 ratio of omega-3 and -6 essential fatty acids (EFAs) from organic seed oils. Every cell, tissue, gland, and organ in your body is dependent upon the presence of EFAs. EFAs are one of the main structural components of every cell membrane and are necessary for cell repair, growth and activity.

Essential fatty acids (EFAs) are healthy fats that we need for healthy living. They are key structural, metabolic and regulatory components of every cell in the body. It is impossible to maintain health without EFAs. They keep our cell membranes fluid so that nutrients can enter the cell and waste can be eliminated, thereby improving and regulating cellular function.

EFAs are metabolized into long-chain fatty acids that also support health. Hormone-like compounds known as prostaglandins are also derived from EFAs; these critical components affect physiological functions such as cell growth and division, blood pressure (vasoconstriction/vasodilation of blood vessels), immune function, and much more.

Why are EFAs so important?

EFAs restore energy, help us digest our foods, reduce cravings, transport nutrients throughout the cells, burn fat, contribute to healthy hormone balance, soften and smooth the skin, help prevent osteoporosis by keeping bones strong, and help prevent chronic disease. EFAs are absolutely necessary for optimal health and well-being. However, the body cannot manufacture EFAs (omega-3 and -6), so we must get them from our diet on a daily basis. Contrary to popular belief, eating fish once in awhile is not enough. EFA deficiency is one of the most widespread nutritional deficiencies today, so supplementation is necessary. Health Canada advises that infants, children and adults of all ages consume omega-3 and omega-6 every day. AIMega is a blend of organic seed oils that provide the EFAs you need.

If the body gets enough EFAs, it can make all of the other fats it needs to support healthy cellular and immune function. The two essential fatty acids are omega-3 alpha-linolenic acid (ALA) and omega-6 linoleic acid (LA). These polyunsaturated fats are involved in converting food into energy and play a role in cardiovascular health, as well as maintaining the overall health of every system of the body.

Omega-3

Without omega-3 fatty acids, the body cannot make prostaglandins involved in immune function. Recommended by the Canadian Cancer Society, omega-3 also supports kidney function, hormone synthesis, and cardiovascular health. The Heart and Stroke Foundation of Canada recommends the use of omega-3 because it “can help prevent clotting of blood, re-



Key Benefits and Features

- Helps maintain cardiovascular health
- Combats inflammation
- Promotes wound healing
- Enhances healthy hormone balance
- Best internal cosmetic for great skin
- Helps maintain healthy cell membrane function
- Provides a balanced 2:1 ratio of omega-3 and -6 essential fatty acids from organic seed oils
- Provides omega-9 fatty acids from olive oil
- Medium-chain triglycerides (MCT) to provide energy
- 120 gelatin capsules (gelatin is Halal and Kosher)

Use AIMega with the other AIM products to build a solid foundation for good health.

ducing the risk of stroke and also helps lower triglycerides, a type of blood fat linked to heart disease.”

Consumption of ALA-rich oils has been found to help improve blood flow and circulation by keeping blood vessels compliant, lower LDL (bad) cholesterol, reduce atherosclerosis, and regulate blood pressure. ALA also has an anti-inflammatory effect, which can help in managing arthritis and reducing inflammatory disorders such as rheumatoid arthritis, inflammatory bowel disease, eczema, lupus, and fibromyalgia. Additionally, some ALA can be metabolized into the long-chain omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which support brain and cognitive function as well as nerve health and healthy vision.

Omega-6

While omega-3 is crucial to a healthy diet, omega-6 is also essential. We tend to get a fair amount of omega-6 in our diets; however, most of it comes from refined and damaged sources, such as baked goods and pasta. This is why it is essential that we get omega-6 from a natural source.

AIMega provides a healthy source of omega-6 linoleic acid (LA). The body converts omega-6 LA to gamma-linolenic acid (GLA), which is helpful for dry skin and hormone imbalance. LA also converts to arachidonic acid (AA), which may benefit those with learning disorders.

Omega-3 and -6 EFAs in balance

Getting a sufficient and balanced amount of essential fatty acids is absolutely vital for staying healthy. One of the many functions of omega-3 and -6 is to act as precursors for building hormone-like compounds known as prostaglandins. Prostaglandins derived from these two essential fatty acids have opposite effects in the body. Those produced from omega-6 increase inflammation (an important component of the immune response), blood clotting, and cell

proliferation, while those from omega-3 decrease these functions. To maintain optimal health, the different types of prostaglandins must be in balance. AIMega provides a 2:1 ratio of omega-3 and -6 essential fatty acids to maintain this balance.

Omega-9

AIMega also supplies an olive-oil source of omega-9 (oleic acid, a monounsaturated fat), which is not essential because the body can make it from other fatty acids, but it is recommended for overall good health and to prevent illness. The Heart and Stroke Foundation of Canada reports that it has been shown to improve blood cholesterol levels. Olive oil is an excellent source of heart-healthy omega-9 and has been found to decrease blood pressure, reduce the risk of heart attack, decrease high blood lipid levels, and reduce the risk of developing cardiovascular disease.

For optimal freshness, AIMega provides essential omega-3 and -6 fatty acids as well as omega-9 in an easy-to-swallow soft gelatin capsule that protects the oils from light and oxygen. AIMega contains a healthy ratio of omega-3, -6 and -9 from plant sources.

Ingredients:

Organic flax (*Linum usitatissimum*) seed oil

Flax seeds contain about 55% omega-3 and about 16% omega-6. The ALA in flax oil is the parent fatty acid in the omega-3 family. Some of it may be converted to EPA and DHA, which help with brain, nerve and eye function. Even before conversion, ALA appears to have unique physiological benefits. ALA is especially useful to support heart health and the immune system.

Organic sesame (*Sesamum indicum*) seed oil

Rich in omega-6 LA, which the body converts to GLA, AA and DPA.

Organic olive (*Olea europaea*) oil

Contains some omega-6 and is a rich source of monounsaturated omega-9, which aids in maintaining a healthy heart and reducing the risk of high triglycerides, heart attack and stroke. Consuming plenty of monounsaturated and polyunsaturated fatty acids can help balance the high amounts of trans and saturated fats that are so frighteningly common in the North American diet.

Organic sunflower (*Helianthus annuus*) seed oil

One of the richest sources of omega-6.

Medium-chain triglycerides (MCTs)

MCTs are very easily digested fats that the body quickly uses for energy rather than being stored in fat cells; they may also promote fat-burning (thermogenesis). MCTs have been used in various digestive disorders and chronic diseases.

Providing:

- 380 mg omega-3 fatty acids (ALA)
- 190 mg omega-6 fatty acids (LA)
- 200 mg omega-9 fatty acids (OA)

Added benefits from organic rosemary extract, tocotrienols, and tocopherols:

- Potent antioxidants that help ensure the stability and quality of the oil inside the capsules.

- May also provide additional health benefits due to their strong protective and antioxidant activities.

Suggested Use: Take 2 to 3 capsules twice daily with meals.

Risk information: As with any natural health product, pregnant or nursing women, individuals taking oral medications or blood thinners, or who have blood clotting disorders or gallbladder disease should consult their health care practitioner for specific supplement recommendations.

Q & A

Who should take AIMega?

Individuals who wish to increase their energy, maintain cellular function, improve cardiovascular and immune system health, and balance inflammatory processes in the body can take this balanced blend of good fats and essential fatty acids.

How is the omega-3 in flax oil different than fish oil?

ALA found in flax oil is the parent fatty acid in the omega-3 family. A portion of ALA may be converted to eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which are longer chain omega-3 fatty acids found in fish oil. On its own, ALA appears to have unique physiologic benefits apart from its conversion to EPA and DHA. ALA is especially useful to support heart health and the immune system. For individuals who prefer not to take fish oil, AIMega offers a healthy alternative.

Is there anyone who should not use AIMega?

As with any natural health product, individuals taking oral medications or blood thinners, or who have blood clotting disorders or gallbladder disease, should consult their health care practitioner for specific supplement recommendations. Additionally, those who are pregnant or nursing are advised to consult a health care practitioner.

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