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# OmegaLife-3 Resolv



In our fast-paced, overly processed world, heart disease has become one of the greatest health problems facing our communities. 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, 1:1 ratio of omega-3 to omega-6 consumption. In recent years, the ratio between omega-3 to omega-6 consumption has continually risen from around 1:10 to 1:25. Having such an imbalanced omega-3-to-6 ratio has been shown to promote health concerns. 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 OmegaLife-3 Resolv. Unicity OmegaLife-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



No fishy  
aftertaste



Rich in  
Vitamin E



Highly purified  
fish oil



Includes EPA  
and DHA



## Benefits

- EPA and DHA can help to maintain normal, healthy blood pressure and overall cardiovascular health, as well as cognitive functions
- Supports normal inflammatory responses in the body caused by normal everyday activities and stresses
- Supports physical and mental performance
- Promotes antioxidant activity
- Supports the structural stability of important lipids in the body such as those in cell membranes

### Use

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

### Ideal for

- Individuals wanting to support the cardiovascular system and cognitive health
- Individuals looking to balance their omega-3 to omega-6 ratio
- Individuals looking to support a normal inflammatory response in the body caused by exercise
- Individuals looking to supplement omega-3 fatty acids without adding fish to their diets

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## Ingredients

| Supplement Facts                                          |         |      |
|-----------------------------------------------------------|---------|------|
| Serving Size 4 Softgels<br>Servings Per Container 30      |         |      |
| Amount Per Serving                                        |         | %DV* |
| Calories                                                  | 25      |      |
| Total Fat                                                 | 2.5 g   | 3%   |
| Polyunsaturated Fat                                       | 2 g     |      |
| Vitamin E (as dl-alpha tocopheryl)                        | 55 mg   | 370  |
| Omega-3 Fatty Acids                                       | 1700 mg |      |
| Eicosapentaenoic acid (EPA)                               | 1000 mg | †    |
| Docosahexaenoic acid (DHA)                                | 500 mg  | †    |
| Additional Omega-3 Fatty Acids                            | 200 mg  | †    |
| * Percent Daily Values are based on a 2,000 calorie diet. |         |      |
| † Daily Value not established                             |         |      |

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. OmegaLife-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, 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 OmegaLife-3 Resolv?

Every cell membrane in the human body is composed of lipid (fat) 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 crucial 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. OmegaLife-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 OmegaLife-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 OmegaLife-3 Resolv is a high-quality, premium choice for you and your family.

### Is OmegaLife-3 Resolv third-party tested?

Yes. All our products are tested by an independent third party to verify ingredient accuracy, purity, and safety. We do this to ensure you get exactly what we promise—nothing more, nothing less.