

# MAX3·5·7™


  
**ARCTIC COD OMEGA BLEND**


## Purpose

Max357™ supports the body's daily function by supplying three different kinds of essential fatty acids – Omega 3, Omega 5, and Omega 7.

Essential fatty acids have shown to support heart health and brain health, making them an important part of the human diet. Modern diets often lack these supporting fatty acids. Many doctors and scientists have been known to suggest taking Omega oil supplements on a daily basis.

## General Description

### The benefits of fatty acids

Fatty acids are an essential part of human nutrition and assist in supporting various aspects of the body's health. Humans used to secure much of their fatty acid intake through regular diet, but today our intake of fatty acids has fallen for two reasons:

- 1 – Faulty research has led to public fear about how consuming any kind of fat can lead to weight gain and health problems, pushing us to reduce our overall fat intake – including healthy fats.
- 2- Food manufacturers have removed fats from processed foods, but replaced them with either sugar or unhealthy saturated fats as way to improve taste and texture.

Max 3-5-7 has been formulated with a blend of fatty acids shown to assist the maintenance of a healthy heart, brain, and eyes. Our proprietary 3-5-7 blend of Omega oils has been specially designed to support the upkeep of your body and mind by offering a complementary combination that provides your body the resources it requires to function at optimal levels.

### Omega 3 fatty acids

Omega 3 fatty acids are recognized as one of the best studied nutritional supplements. More than 11,000 papers attest to many benefits of Omega 3, specifically the acids EPA and DHA. EPA and DHA have been shown to deliver benefits for heart health and brain health.

### Omega 5 fatty acids

Omega 5 is the only known botanical source of Punicic Acid, one of the most potent antioxidants known. Omega 5's antioxidant level exceeds that of grape seed extract and supports skin health and digestive health.

### Omega 7 fatty acids

Palmitoleic Acid is an Omega 7 fatty acid shown to assist in heart, brain, skin, hair, and nail health.

## Healthy and Sustainable

Max357 uses Norwegian cod oil for its Omega 3 fatty acids content. Norwegian wild cod stocks are the largest and most sustainable in any ocean and cod is considered the healthiest fish in the world – one of the best resources of pure Omega 3.

The fisheries that provide the fish sourced in Max 3-5-7 are recognized by the Marine Stewardship Council (MSC) as eco-friendly suppliers who responsibly obtain fish in a sustainable way, ensuring that fish stocks aren't over-fished. The blue MSC Eco label identifies sustainable-sourced products obtained by suppliers/fisheries who work to protect the health of our ocean resources by adhering to 3 principles:

1. They Fish only at sustainable levels
2. They minimize environmental impacts
3. They engage in fishery management that adheres to national and international laws

## Product Benefits

Supports heart, brain, and eye health.

Assists in the maintenance of healthy skin, hair, and nails

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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ARCTIC COD OMEGA BLEND

## Ingredients

### Pure Norwegian Cod Oil (Omega - 3, DHA+EPA)

The King of Omega 3 oils, cod oil is known to support heart health and brain health.

## Supplement Facts

Serving Size: 2 Softgel Capsules  
Servings per container: 15

	Amount Per Serving	% Daily Value
Calories	10	
Total Fat	1.0 g	1% *
Polyunsaturated Fat	0.5 g	†
Monounsaturated Fat	0.5 g	†
Cholesterol	10 mg	3%
Proprietary Blend:	1,218 mg	†
Arctic Cod Oil [187 mg Docosahexaenoic Acid (DHA) 73 mg Eicosapentaenoic Acid (EPA)]‡, Alaska Pollock Oil, Black Raspberry Seed Oil( <i>Rubus Occidentalis</i> ), Pomegranate Seed Oil( <i>Punica Granatum</i> ).		

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
† Daily Value not Established

**Other Ingredients:** Fish Gelatin, Glycerin, Purified Water, Carob, (Added Antioxidant: rosemary extract, tocopherol, sunflower oil, sunflower lecithin, ascorbyl palmitate, mixed tocopherols)

**CONTAINS: FISH (COD, POLLOCK)**

‡ Natural Triglyceride Form

### Black Raspberry Seed Oil (Omega 3 - Linolenic Acid)

Black Raspberry oil is a type of Omega 3 that works to complement the effects of other fatty acids. As an essential part of human growth and development, this alpha linolenic acid has been known to support a healthy immune system and to assist heart health. Our exclusive source of Black Raspberry seed oil also contains multiple forms of Vitamin E.

### Pomegranate Seed Oil (Omega 5)

The best source of punicic acid, an Omega-5 conjugated fatty acid, pomegranate seed oil has a strong antioxidant effect.

### Pollock Fish Oil Omega 7 (Palmitoleic Acid)

Palmitoleic Acid is an Omega 7 fatty acid that has benefits for heart health, moisture replenishment of mucosal membranes, and supports healthy skin, hair and nails. Our oil is sourced from fresh Pollock and guarantees the same freshness and sustainability as our cod oil.

## Suggested Use

As a dietary supplement, take two capsules twice daily with water.

## Guarantee

This product has been manufactured in the USA in strict conformance with industry standards. Purity guaranteed.

## Caution

Keep out of the reach of children. This product is for adult use only. It is not intended for use by children, pregnant women, or nursing mothers.

**Gluten Free • Melamine Free**

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