

Forever Arctic Sea

Forever Arctic Sea® now contains a proprietary blend of DHA-rich Calamari Oil, ultra-pure Omega-3 Fish Oil and High Oleic Olive Oil. This unique blend is exclusive to Forever Living and provides not only 33% more DHA per day, but creates the perfect balance of DHA and EPA for optimal health and wellness

- Custom Omega-3 ratio to mimic a diet rich in seafood
- All-natural citrus flavour for a pleasant aroma and minimal fishy flavour
- Ocean friendly and responsibly sourced • Pure source of EPA and DHA



Calamari Oil

It can be easy to get confused over which omega-3 supplement is the right one to support your individual health goals. Calamari Oil offers one distinct difference over fish oil and krill oil.... it has a very high DHA concentration. DHA is the main type of omega-3 to support brain health, eye health, memory and heart health.

Whilst krill oil and fish oil both contain DHA, Golden Calamari Oil contains:

- 6X more DHA than standard krill oil &
- 4X more DHA than standard fish oil

Ultra-pure Omega 3 Oil

Fish oil is used for a wide range of conditions. It is most often used for conditions related to the heart and blood system. Some people use fish oil to lower blood pressure or triglyceride levels (fats related to cholesterol). Fish oil has also been tried for preventing heart disease or stroke. The scientific evidence suggests that fish oil really does lower high triglycerides, and it also seems to help prevent heart disease and stroke when taken in the recommended amounts.

Fish may have earned its reputation as “brain food” because some people eat fish to help with depression, psychosis, attention deficit-hyperactivity disorder (ADHD), Alzheimer’s disease, and other thinking disorders.

Some people use fish oil for dry eyes, glaucoma, and age-related macular degeneration (AMD), a very common condition in older people that can lead to serious sight problems.

Women sometimes take fish oil to prevent painful periods; breast pain; and complications associated with pregnancy such as miscarriage, high blood pressure late in pregnancy, and early delivery.

Fish oil is also used for diabetes, asthma, developmental coordination disorders, movement disorders, dyslexia, obesity, kidney disease, weak bones (osteoporosis), certain diseases related to pain and swelling such as psoriasis, and preventing weight loss caused by some cancer drugs.

High Oleic Olive Oil

www.ForeverLivingDream.myFLPbiz.com

Ultra pure Fish Oils contain optimal Omega-3 composition, including DHA and EPA

Calamari

Fish Oil DHA (docosahexaenoic acid) – critical for brain, eyes, skin and overall cellular function

Salmon

Forever Arctic Sea

new and improved

Fish Oil EPA (eicosapentaenoic acid) – supports cellular health and function of numerous organs and body systems

Olive Oil

Olive Oil provides oleic acid, an Omega-9 fat that encourages optimal Omega-3 vs. Omega-6 ratio

Vitamin E

Vitamin E works synergistically with Omega-3 fats to support cellular health and various body functions

Extra virgin olive oil is fairly nutritious as it contains modest amounts of Vitamins E and K and plenty of beneficial fatty acids. But where extra virgin olive oil *really* shines is in its content of antioxidants. These substances are biologically active and some of them can help fight serious diseases like chronic inflammation, heart disease, cancer, metabolic syndrome,

diabetes, Alzheimer's and arthritis.

Olive oil contains oleic acid and oleocanthal (<https://en.wikipedia.org/wiki/Oleocanthal>), nutrients that can fight inflammation. This may be the main reason for the olive oil's health benefits.

In a study published in February 2000 in the medical journal "QJM," researchers in Ireland found that diets rich in oleic acid improved the participants' fasting plasma glucose, insulin sensitivity and blood circulation. Lower fasting glucose and insulin levels, along with enhanced blood flow, suggest better diabetes control and less risk for other diseases. For millions of people with diagnosed diabetes and pre-diabetes, consuming foods rich in oleic acid will be beneficial in controlling diabetes.