

Why Auum Omega 3

- Bio-available, requires no further conversion for assimilation (unlike fish or plant sourced Omegas)
- Natural whole food product that is not bleached, refined or deodorized, keeping synergy intact
- EPA, DHA with DPA “the missing Omega” shown to be ten times more effective than EPA in cardiovascular repair
- EPA, DHA and DPA in the natural perfect ratio for humans
- Omega 6 and Omega 3 are in the 1:1 ratio required for balanced, healthy serum levels
- Naturally free of mercury and other toxins
- Low cholesterol (much less than in fish oil)
- Natural stability due to mammalian source
- Added Vitamin D3
- Sublingual delivery allows superior absorption avoiding degradation by the digestive process
- Natural lemon flavour makes it taste great!



Auum's formulations...
uniquely bio-available
designed to suit your requirements!

Sublingual D

Omegas with Vitamin D3 (100 ml)

Essential D3A

Omegas with Vitamins
D3 & A (100 ml)

Omega 3 - D Capsules

Easy to swallow gel caps (120 caps)

Omega 3 - D Boost Capsules

NEW! CHEWABLE omegas3 capsules
contain 500 IU of natural D3 per capsule

Auum Pets

Omega 3 supplement with Vitamins A, D3
and E for your pet (250 ml)

To help customize your omega 3 requirements

Please Contact:



Naturally Canadian

Auum

the leader in Sublingual
Omega 3 Supplements
EPA • DHA • DPA



Experience the Difference



Health Canada recommends daily Omega 3 and Vitamin D supplementation!

The membranes of your nerves, blood cells, blood vessels and muscles are made up of fatty acid molecules. Omega 3 is an essential nutrient that our bodies require but cannot produce. Omega 6 and Omega 3 are both necessary and must both be obtained through our diet. For optimal health, we need them properly balanced, a ratio of 1:1 in our bloodstream.

Consideration #1: Getting enough Omega 3s to achieve this balanced ratio

Omega 3 is no longer abundantly found in our diets. This is due to the prevalent reliance on grains not only in our direct diet, but also in our food chain. Much of the fish or beef have been grain-fed which lowers the amounts of Omega 3 available to us. To compound the problem, the general overuse of processed oils leads to an overabundance of Omega 6 in our diet. The intake ratio of our Omega 6 to Omega 3 directly impacts our serum levels. It is not uncommon for this ratio of Omega 6 to Omega 3 to be more than 20:1 ... clearly in excess of the healthy 1:1 ratio. Such levels leave us highly at risk for cardiovascular and inflammatory issues at the root of many common and preventable illnesses and diseases. Supplementation is essential.

Consideration #2: Humans require long chain forms of Omega 3 in 1:1 ratio with Omega 6

Essential fatty acids as short chain ALA are available from plant sources like flax oil. The medium chain forms of EPA and DHA are found in fish oils. However, for efficient use in humans the molecular chain must be lengthened and the positioning must be restructured on the triglyceride chain. This conversion is at best 2–5% in healthy individuals. Today's busy lifestyle and many stressors beyond our control further decrease our body's processing of these shorter chain Omegas. Those with other health issues or high Omega 6 levels may lack the ability to make this conversion.

Vegetarians and vegans especially face this challenge of obtaining adequate Omega 3.

Use bio-available, properly balanced Omega supplements

Fish oils often provide high Omega 6 and Omega 3 ratios resulting in increased inflammation - a natural role of Omega 6. Omega 3 is a natural anti-inflammatory. This is why a balance of Omega 6 and 3 is absolutely necessary for optimal health. Use of high quality mammalian-sourced oils ensures this balance ... equal amounts of Omega 6 and balanced Omega 3 EPA, DHA, DPA - all in a ready-to-use form. Properly balanced Omegas ensure enhanced cell wall permeability for efficient cellular nutrition and waste removal.

The top 10 diseases related to Omega 3 deficiency

Cancer

Heart Disease

Stroke

Alzheimer's

Diabetes

Obesity

Cardiovascular Disease

Multiple Sclerosis

Breast Cancer

ADHD

Supplement with balanced long-chain Omegas for optimum health

About Vitamins D and A

The relationship between Vitamin D and Vitamin A is crucial to getting the full benefit of either. Vitamin D and Vitamin A must exist in the proper 1:1 ratio for either to be fully effective. Fish liver oils provides these vitamins in a high ratio of Vitamin A as compared to Vitamin D and concerns regarding the overabundant Vitamin A content that naturally occurs have been raised by experts in the field. Such Vitamin A must also be restructured in order to be used in our bodies. Auum uses Vitamin A in the bio-available palmitate form and in the 1:1 ratio with Vitamin D3 for optimum availability.

Vitamin A plays an important role in vision, bone growth, reproduction, cell division, and cell differentiation. Although Vitamin A has not been found to be an anti-infective, it does help to regulate the immune system, making white blood cells, which in turn destroy harmful bacteria and viruses. Vitamin A also aids the function of our skin and mucous membranes as a natural barrier to such bacteria and viruses. When such surface linings of the eyes, respiratory, urinary, and intestinal tracts are healthy, they can more effectively prevent the entrance of bacteria into the body.

Current research indicates that when Vitamin D receptors (VDR's) lining the intestine, (and present in parathyroid glands, brain, kidneys and bones) are full of Vitamin D—about 5000 IU is required for this, then the intestine is capable of absorbing upwards of 2000% more calcium. Current research also indicates that activated Vitamin D is the master key required to enter our DNA library to determine the correct response for continued health. An increase of Vitamin D is directly linked to improved skin, eye, heart, vascular and respiratory health, as well as enhanced metabolism (weight management), strong bones and improved sleep patterns.

Auum products contain Vitamin D3. Auum Essential D3A contains Vitamin A (as retinyl palmitate) in equal balance with Vitamin D3.