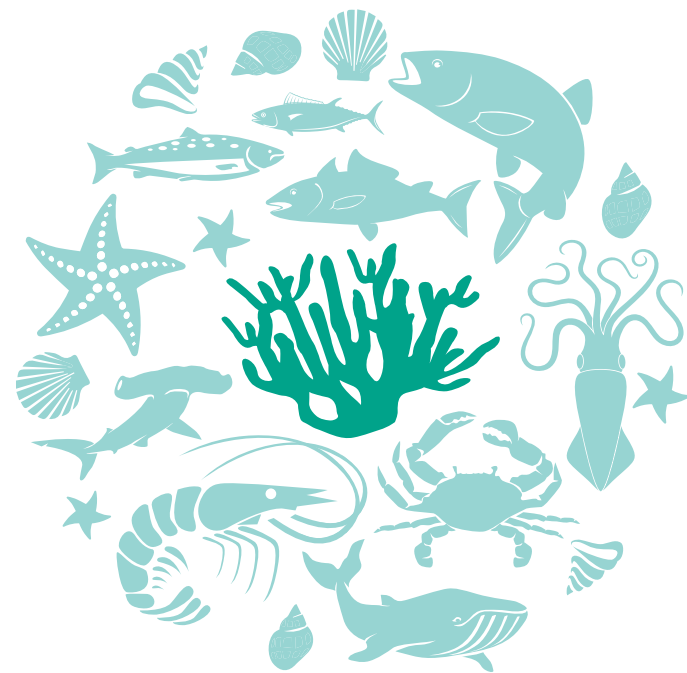


## Pure omega-3 from the “plants of the ocean”.

Until now, only fish or squid oil could provide the recommended EPA +DHA potency our bodies require. With NutraVege™ and NutraVege2x, we developed an innovative process to transform farmed microalgae into a potent source of balanced omega-3.



### Microalgae play an important role in ocean ecosystems.

Microalgae are the foundation for the aquatic food chain supporting all fisheries in the oceans and inland, as well as producing about 70 percent of all the air we breathe. By cultivating specific algae strains to provide our omega-3 oil, not only are we utilizing a sustainable resource – we also derive our omega-3 straight from the source for an exceptionally pure, potent product.

## Plant sourced omega-3.

NutraVege™ and NutraVege2x are vegetarian omega-3 supplements that deliver high-potency essential fatty acids. Derived from sustainably-sourced algae, NutraVege formulas provide a complete and balanced source of EPA+DHA for the maintenance of good health, promotion of cognitive and brain function, and healthy development of brain, eyes and nerves.



NutraVege is vegetarian, gluten free, dairy free, and soy free.

From the makers of:  
**NutraSea®**

**Ascenta**   
ascentahealth.com



# NutraVege™ Omega-3 without the fish.

The plant sourced omega-3 with high EPA +DHA.



# It's the EPA+DHA that matter.

The predominant source for most plant based omega-3 supplements is flax oil, which provides alpha-linolenic acid (ALA). Additional sources of ALA include camelina, hemp, walnuts and chia. ALA must convert to active EPA+DHA in the body in order to be beneficial for good health.

Unfortunately, humans and many animal species lack the ability to efficiently convert ALA to active EPA+DHA (on average only about <5%<sup>\*</sup>). For optimum health, an adequate source of balanced EPA+DHA must be provided directly by dietary intake.

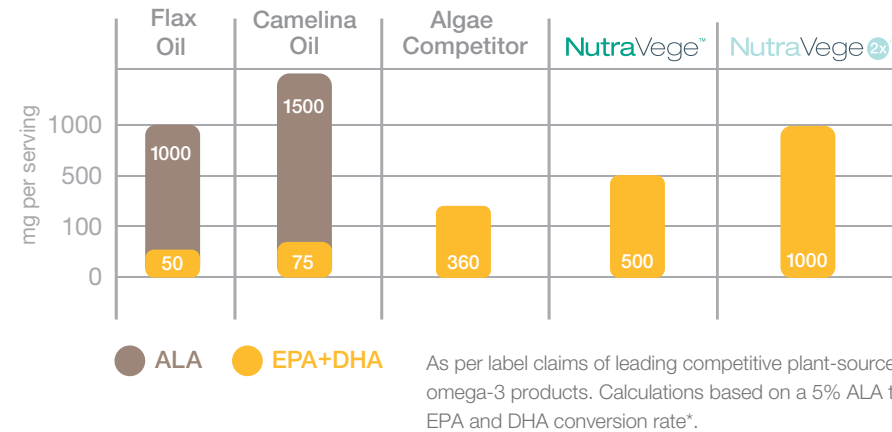
## Do the omega-math.

When it comes to health benefits from omega-3, it's the EPA+DHA that matter. Don't be fooled by a product with a high amount of omega-3, but low EPA. Check the supplement facts panel and make your choice based on the amount of EPA+DHA. It's also worth looking at the serving size and figuring out the cost per milligram of EPA+DHA. It's often a case of "you get what you pay for".

Check the supplement facts panel for the EPA+DHA amounts – it's what matters.

# Not all omega-3 is equal.

NutraVege™ and NutraVege 2x deliver higher levels of EPA+DHA, the omega-3 that matters, than other plant-sourced products currently available.



## Listen to your taste buds.

When it comes to omega-3, taste is an indicator of quality. At Nature's Way of Canada, we use exceptionally pure algal oil and specialized processing techniques to ensure we produce a product that smells and tastes delicious. To ensure shelf stability and quality, we use a proprietary green tea antioxidant to consistently deliver the purity and potency our customers have come to expect from our products.



\*Appl Physiol Nutr Metab. 2007 Aug;32(4):619-34

# Quality that's sustainable.

## Made with the highest-quality ingredients from sustainable vegetarian sources.

Microalgae are simple aquatic plants that reproduce quickly and need only sunlight, water, carbon dioxide and a few inorganic nutrients to grow. The algae that provides the base ingredients for NutraVege™ are farmed under carefully controlled conditions to ensure maximum purity and potency.



## Greener is better.

1% for the Planet is an alliance of businesses committed to creating a healthier world. Through this organization, 1% of annual NutraVege™ sales is donated to environmental causes worldwide. For details, visit [onepercentfortheplanet.org](http://onepercentfortheplanet.org)

## All companies claim their products are pure. We prove it.

Most EPA+DHA label claims are not regularly enforced, with over half of the omega-3 oils tested in a published study<sup>^</sup> failing to meet label claims. At Nature's Way of Canada, we use the PureCheck™ quality assurance program to ensure every lot of NutraVege™ is third-party tested for quality, purity and potency. To ensure transparency, the PureCheck™ program posts all results online. For details, visit [purecheck.net](http://purecheck.net)

<sup>^</sup>J Sci Food Agric. 2013 ;93(8):1935-9



**Supplement facts / Valeur nutritive**  
Serving size 1 tsp. (5 ml) / Portion de 1 c. à thé (5 ml)  
Servings per container 40 / Portions par contenant 40

Amount / Teneur	
Algal oil (Schizochytrium spp.) / Huile d'algue (Schizochytrium spp.)	2.093 g
<b>TOTAL EPA + DHA</b>	<b>1000 mg†</b>
<b>EPA</b>	<b>400 mg</b>
<b>DHA</b>	<b>600 mg</b>

† Guaranteed analysis / Analyse garantie  
Non-medicinal Ingredients: sunflower oil, natural flavours, rosemary extract, green tea extract, tocopherols (derived from non-GMO soy), ascorbyl palmitate, monk fruit extract. / Ingrédients non médicinaux: huile de tournesol, arômes naturels, extrait de romarin, extrait de thé vert, tocophérols (dérivés de soja sans OGM), palmitate d'ascorbyle, extrait de fruit des moines.

Produced in a facility that processes fish oil. / Produit dans une installation qui traite l'huile de poisson.

Made with love by / Fait avec amour par Ascenta Health  
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