SWISSMED™

OMG

Omega-3 Fish Oil Coenzyme Q10

Complete fish oil formula for heart health and beyond

PRODUCT OF CANADA

Molecularly Distilled

Supplements Facts:

	Amount Per Capsule
Fish Oil	1400mg
Providing	
Docosahexaenoic Acid (DHA)	350mg
Eicosapentaenoic Acid (EPA)	700mg
Coenzyme Q10(Ubidecarenone)	10mg

Recommended Dosage
Take 1-2 softgels daily after meal or as directed by a doctor or pharmacist

Natural Fish Oil

- It is sourced from Peruvian Anchoveta, a small fish from the southeast Pacific Ocean, primarily off the coast of Chile and Peru
- Fish oil is rich in omega-3 fatty acids. Omega-3 fatty acids are essential because they are not synthesized by our body and must be obtained through diet or supplementation.

Benefits of Fish Oil

1. **Support Cardiovascular Health.** Omega-3 fatty acids are associated with improved survival rates for heart attack patients and can help prevent and reverse cardiovascular disease.
2. **Maintain Healthy Eye Function.** DHA is a major structural component of retinas. It can prevent age-related macular degeneration (AMD), which can cause vision impairment and blindness.
3. **Reduce Joint Inflammation.** Omega-3 fatty acids contain anti-inflammatory properties which worked just as well as NSAIDs in reducing joint pain.
4. **Support Healthy Skin.** Omega-3 fatty acids keep your skin healthy by preventing premature aging and protecting against sun damage.
5. **Support Pregnancy and Early Life.** Omega-3 fatty acids are crucial for brain growth and development in infants.
6. **Reduce Fatty Liver.**
7. **Fight Depression and Anxiety.**
8. **Improve Attention and Hyperactivity in Children.** Omega-3 fatty acids improve attention and reduce hyperactivity, impulsiveness and aggression in children with ADHD.
9. **Prevent Brain Degenerative Diseases such as Alzheimer's.**
10. **Improve Immune System and Asthma.**
11. **Reduce Risk of Diabetes.** Omega-3 fatty acids reduce risk of diabetics from developing cognitive deficit because it protects the hippocampus cells.

Coenzyme Q10

- Our body produces CoQ10 naturally but its production declines with age and poor diet, and is significantly impaired by statin drugs.
- CoQ10 works in the body in 2 ways. First as an escort inside our cells, electrons are extracted from the food we eat to produce ATP. Second, as a scavenger of free radicals, helps protect cell membranes and arterial tissue from oxidative stress and inflammatory damage.

Benefits of Coenzyme Q10

Skin

- Protect skin from the damage of free radical
- Reduce fine lines and wrinkles
- Anti-aging

Cardiovascular Disease

- Protect heart cells
- Prevent heart failure by improving heart function, increasing ATP production and limiting oxidative damage.
- CoQ10 supplements can correct the deficiency caused by statin medication without affecting the medication's positive effects on cholesterol levels.

Metabolism

- Help fight both physical fatigue (feeling tired after work) and mental fatigue (having trouble concentrating).
- Used to treat long-term tiredness and sleep problems.
- Keep us healthier, more vibrant and energetic

Product Registration Holder:
Bio-Science Marketing Sdn. Bhd.
No. 20, Jalan Metro Perdana Barat 13,
Sri Edaran Light Industrial Park,
Off Jalan Kepong, 52100 Kuala Lumpur, Malaysia.

Manufactured by:
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Selangor, Malaysia.

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Omega-3 Fish Oil Coenzyme Q10

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Omega-3 鱼油
辅酶 Q10

完整的鱼油配方，提升心脏健康等等

加拿大出产

分子蒸馏

成分

	每个软胶囊含有:
天然鱼油	1400mg
相当于	
二十二碳六烯酸(DHA)	350mg
二十碳五烯酸(EPA)	700mg
辅酶 Q10	10mg

推荐用量
每天饭后服用1-2粒软胶囊或按照医生或药剂师的指示服用。

天然鱼油
- 它取于秘鲁的Anchoveta，一种来自东南太平洋的小鱼，主要在智利和秘鲁的海岸附近。
- 鱼油含有丰富的Omega-3脂肪酸。 Omega-3脂肪酸是不可或缺的，因为它们不是由我们的身体合成的，必须通过饮食或补充来获取。

鱼油的好处
1. **支持心血管健康。** Omega-3脂肪酸与心脏病患者的存活率提高有关，可以帮助预防和逆转心血管疾病。
2. **保持健康的眼睛功能。** DHA是视网膜的主要结构成分。它可以预防年龄相关性黄斑变性（AMD），避免导致视力障碍和失明。
3. **减少关节炎症。** Omega-3脂肪酸含有抗炎特性，与非类固醇抗炎药一样可以减轻关节疼痛。
4. **支持健康的皮肤。** Omega-3脂肪酸可通过防止过早衰老和防止阳光伤害来保持皮肤健康。
5. **支持怀孕期和婴儿阶段。** Omega-3脂肪酸对婴儿的大脑生长和发育至关重要。
6. **减少肝脂肪。**
7. **对抗抑郁和焦虑 。**
8. **改善儿童的注意力和过动症。** Omega-3脂肪酸可改善注意力，减少ADHD儿童的过动，冲动和攻击性。
9. **预防脑退行性疾病，如阿尔茨海默氏症。**
10. **改善免疫系统和哮喘。**
11. **降低糖尿病风险。** Omega-3脂肪酸降低糖尿病患者发生认知缺陷的风险，因为它可以保护海马细胞。

辅酶Q10
- 我们的身体自然产生辅酶Q10，但其产量随着年龄和饮食不良而下降，并且受到他汀类药物的严重影响。
- 辅酶Q10以两种方式在体内起作用。首先，作为我们细胞内的护送，从我们吃的食物中提取电子以产生三磷酸腺苷(ATP)。其次，作为自由基的清除剂，有助于保护细胞膜和动脉组织免受氧化应激和炎症损伤。

辅酶Q10的好处

皮肤
- 保护皮肤免受自由基的伤害。
- 减少细纹和皱纹。
- 抗衰老。

心血管疾病
- 保护心脏细胞。
- 通过改善心脏功能，增加三磷酸腺苷的产生和限制氧化损伤来预防心力衰竭。
- 辅酶Q10补充剂可以纠正他汀类药物引起的不足，而不会影响药物对胆固醇水平的正面影响。

新陈代谢
- 帮助对抗身体疲劳（下班后感到疲倦）和精神疲劳（注意力不集中）。
- 用于治疗长期疲劳和睡眠问题。
- 让我们更健康，更有活力，更有动力。

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