

# 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 proven positive effects on heart health and brain function – making them a necessary part of the human diet. Modern diets often do not provide enough good fatty acids for the body to function as well as it should, which is why many doctors and scientists highly recommend 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 are absolutely required for a healthy body. 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.

There are actually many kinds of fatty acids, and the beneficial ones have proven benefits for cardiovascular system, skin care, brain function, and the metabolic system. 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 function and promoting healthy child development.

Another type of Omega 3, Alpha Linolenic Acid, is sourced from plants and supplements the effects of EPA and DHA by working to reduce the effects of high blood pressure.

#### Omega 5 fatty acids

Omega 5 is the only known botanical source of Punicic Acid, a very potent antioxidant. Omega 5's antioxidant level exceeds that of grape seed extract and has shown positive effects on cell repair, digestion, and skin care.

#### Omega 7 fatty acids

Palmitoleic Acid is an Omega 7 fatty acid that has benefits for heart health, insulin sensitivity, moisture replenishment of mucosal membranes, and anti-aging effects for skin, hair and nails



### 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 fish used in Max357 is recognized by the Marine Stewardship Council (MSC) as a product that obtains its fish in a sustainable way, ensuring that fish stocks aren't overfished. The blue MSC eco label identifies products that contribute the health of our ocean resources by adhering to 3 principles:

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

### Product Benefits

#### Cardiovascular health

Helps to normalize lipid profiles, improve cholesterol levels, promote circulation and healthy vascular function.\*+

#### Cellular health

Helps to maintain cell membrane integrity and fluidity, also provides key nutrients for cell signaling.\*

#### Brain and nerve health

Helps protect against oxidation of brain and nerve cells.\*+

#### Insulin resistance

Improves glucose uptake, glucose utilization, and insulin sensitivity.\*

#### Skin care

Supports moisture replenishment of mucosal membranes, providing anti-aging benefits for skin, hair and nails.\*

#### Satiety and weight management

Helps to improve satiety and supports fat metabolism.\*

#### Vision

Helps to maintain healthy eyes.\*+

‡ requires daily intake of 250mg EPA & DHA

\* 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.

# MAX3·5·7™

## ARCTIC COD OMEGA BLEND

### Ingredients

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

The king of Omega 3 oils, cod oil is famous world-wide for its positive effects on the cardiovascular system, cognitive performance, blood sugar levels, and discomfort following exercise and physical exertion. Our cod oil is sourced from Norwegian Cod caught fresh in the icy Arctic waters. The oil is processed within only a few hours, ensuring limited oxidation of the oil – maintaining its potency and keeping a mild, pleasant flavor. This source of Omega 3 is not only powerful, it is eco-friendly and sustainable.

#### Supplement Facts

Serving Size: 2 Softgels  
Servings per container: 60

Amount Per Serving		% DV †
Calories	10	
Total Fat	1.0 g	1% †
Cholesterol	10 mg	3% †

#### Proprietary Blend: 1, 218 mg \*

Arctic Cod Oil [187 mg Docosahexaenoic Acid (DHA<sup>†</sup>), 73 mg Eicosapentaenoic acid (EPA<sup>†</sup>)] ‡ (Added Antioxidant: Rosemary Extract, Tocopherol, Sunflower Oil, Sunflower Lecithin, Ascorbyl Palmitate), Alaska Pollock Oil (Added Antioxidant: Mixed Tocopherols), Black Raspberry Seed Oil, Pomegranate Seed Oil

† Percent Daily Values (DV) are based on a 2,000 calorie diet.

\* Daily Value (DV) not established.

#### 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 used to support the immune system, bowel function, and cardiovascular 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. Studies suggest it is uniquely suited to protect the digestive tract.

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

Palmitoleic Acid has been studied for its potential benefits towards many important health applications including heart health, insulin sensitivity, moisture replenishment of mucosal membranes, and anti-aging benefits for 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

### Related Scientific Studies

Ansari S, Djalali M, Mohammadzadeh Honarvar N, et al. The effect of n-3 polyunsaturated fatty acids supplementation on serum irisin in patients with type 2 diabetes: a randomized, double-blind, placebo-controlled trial. *International Journal of Endocrinology and Metabolism*. 2017; Jan 21; 15(1):e40614

Chen H, Wang W, Hong C, Zhang M, et al. Omega-3 fish oil reduces mortality due to severe sepsis with acute gastrointestinal injury grade III. *Pharmacognosy Magazine*. 2017. Jul-Sept; 13(51); 407-412.

Eilander A, Hundscheid DC, Osendarp SJ, Transler C, Zock PL. Effects of n-3 long chain polyunsaturated fatty acid supplementation on visual and cognitive development throughout childhood: a review of human studies. *Prostaglandins Leukot Essent Fatty Acids*. 2007; 76:189-203.

Hiraoka-Yamamoto J, Ikeda K, Negishi H, et al. Serum lipid effects of a monounsaturated (palmitoleic) fatty acid-rich diet based on macadamia nuts in healthy, young Japanese women. *Clin Exp Pharmacol Physiol*. 2004 Dec;31 Suppl 2:S37-8.  
Koralek DO, Peters U, Andriole G, et al. A prospective study of dietary alpha-linolenic acid and the risk of prostate cancer (United States). *Cancer Causes Control*. 2006; 17:783-91.

Leaf A. Prevention of sudden cardiac death by n-3 polyunsaturated fatty acids. *J Cardiovasc Med*. (Hagerstown). 2007; 8 Suppl 1:S27-29.

Maedler K, Spinas GA, Dyntar D, Moritz W, Kaiser N, Donath MY. Distinct effects of saturated and monounsaturated fatty acids on beta-cell turnover and function. *Diabetes*. 2001 Jan;50(1):69-76.

Maki KC, Palacios OM, Bell M, Toth PP. Use of supplemental long-chain omega-3 fatty acids and risk for cardiac death: An updated meta-analysis and review of research gaps. *Journal of Clinical Lipidology*. 2017 Aug; DOI: <http://dx.doi.org/10.1016/j.jacl.2017.07.010>

Yang ZH, Takeo J, Katayama M. Oral administration of omega-7 palmitoleic acid induces satiety and the release of appetite-related hormones in male rats. *Appetite*. 2013 Jun;65:1-7.

Yang ZH, Miyahara H, Hatanaka A. Chronic administration of palmitoleic acid reduces insulin resistance and hepatic lipid accumulation in KK-Ay Mice with genetic type 2 diabetes. *Lipids Health Dis*. 2011;10:120.

\* 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.