

WHAT IS PRECIS™ OMEGA 3?

Designed to be taken in conjunction with XANGO 3SIXTY5™, Precis Omega 3 is an Omega 3 fatty acid with DHA/EPA. This supplement provides essential fatty acids to promote cardiovascular health, cognitive health and general wellness.*

WHO SHOULD TAKE PRECIS OMEGA 3?

Everyone! Its ingredients have proven essential for all ages, and they play a critical role in your heart health, brain function, mood and skin health, just to name a few.*

WHAT ARE EFAS?

EFA stands for Essential Fatty Acid. In nutritional terms, “essential” means the body cannot make or synthesize a nutrient on its own, so you must receive it through diet or supplementation.

Fatty Acids are simply a type of fat that is classified according to its structure and biological function. Not all fat is bad! Fatty acids in the form of Omega 3, 6 and 9 oils are crucial to your well-being. EFAs play a role in virtually every human function, including growth and development, digestion, brain and nerve function, immune function, hormone production and regulation, maintenance of skin and bones, regulation of health, heart function, vision, cholesterol levels, and even emotions and behavior.* Good sources of essential fatty acids can be found in leafy green vegetables, nuts and fish.

WHAT IS EPA/DHA?

EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) are Omega 3 essential fatty acids that are vital nutrients for healthy heart and brain function.*

HOW DOES PRECIS OMEGA 3 WORK WITH XANGO 3SIXTY5?

XANGO 3SIXTY5 is a multivitamin and mineral supplement that supports effective daily wellness, but it doesn't include the essential fatty acids (EFAs) mentioned above. Precis Omega 3 offers an additional layer to your nutritional foundation by supporting your cardiovascular health.* Fat-soluble vitamins are also more readily absorbable when taken at the same time as a fat.

WHAT ARE THE KEY INGREDIENTS IN PRECIS OMEGA 3?

Each serving (three capsules) contains 1800mgs of Marine lipid oil that contains 660mg of EPA and 360mg of DHA.

HOW DO I TAKE PRECIS OMEGA 3?

It's recommended to take three gel capsules daily, preferably with food.

CAN I GET ENOUGH EFAS IN MY DIET WITHOUT SUPPLEMENTATION?

Unfortunately, no. The modern Western diet makes it practically impossible to get all of our EFAs, and we're alarmingly deficient in Omega 3. And, sadly, a diet high in fish consumption is not as much of an option as it was in



past generations, due to the levels of dioxins and pollutants.

IS PRECIS OMEGA 3 RECOMMENDED FOR CHILDREN?

Yes; however we recommend that your child be of age to safely chew or swallow.

IS PRECIS OMEGA 3 FREE OF MERCURY AND OTHER TOXINS COMMONLY FOUND IN EFAS?

XANGO sources its essential fatty acids (EFAs) from small fish. The reason for using smaller fish (such as anchovies, mackerel, and sardines) is that they don't build up heavy metals the way many larger fish do. And beyond our rigorous sourcing guidelines, we further ensure consumer safety and satisfaction by conducting heavy-metals and microbial-contamination testing before including it in our product.

IS PRECIS OMEGA 3 SAFE FOR EVERYONE?

Precis Omega 3 provides nutrients that you would get from eating a diet rich in fish. If you do not have any dietary restrictions of eating fish, then you should not have any contraindications in consuming Precis Omega 3 at the recommended dosage.

IS PRECIS OMEGA 3 GLUTEN-FREE?

Yes.

DO I NEED TO TAKE PRECIS OMEGA 3 WITH FOOD?

No.

IS THERE ANY CHOLESTEROL IN PRECIS OMEGA 3?

No.

* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.