

“one-stop shopping” for heart health  
**HEART synergy**

**N**ordic Naturals, the leader in fish oil supplementation, has developed Heart Synergy for people that want full spectrum support for heart health. This formulation provides the essential fats from purified fish oil, plus synergistic nutrients that can be depleted by modern day stresses. Think of it as five products in one – **HEART synergy**.

**Why fish oil is so good for the heart**

EPA and DHA, Omega-3 fatty acids from fish, are key components of cellular membranes that help keep our cells fluid and flexible.\* So why is that important? If we don't get enough of these fats, our cell membranes become rigid, similar to a contact lens that has been left out of solution. That rigidity is bad news for cells. As the doors to and from cells, cellular membranes allow nutrients and glucose in and cellular waste out. If they become “locked,” it can be harder for the tissues of our bodies – including the heart – to function properly.

**Why supplements are better than whole fish**

Experts are recognizing how crucial Omega-3s from fish are for overall health. Yet because our fish supply has become contaminated with environmental toxins, both the FDA and the Environmental Protection Agency have recommended we limit the amount of fish we eat.

Nordic Naturals fish oils are the perfect solution: we deliver the Omega-3s you need with none of the contaminants. Third-party testing shows our purified fish oils register no detectable heavy metals, dioxins or PCBs – so you can consume them with confidence.

**Plus, they are absolutely fresh and processed in an exclusive nitrogen manufacturing environment, eliminating “fishy repeat.”**

**THE NORDIC NATURALS STORY**

Founded by husband and wife team, Joar and Michele Opheim, Nordic Naturals provides exceptional-quality fish oil supplements that are used by leading researchers and medical centers around the world.

When Joar arrived in the United States 20 years ago, he recognized the lack of quality Omega-3 oils in the marketplace. Knowing the importance of Omega-3 fish oils for good health, Joar and Michele founded Nordic Naturals to develop great-tasting fish oils with unsurpassed freshness and purity levels, for the whole family to enjoy.

**What's new at  
NORDIC NATURALS?**

**Synergy Line**

- **EYE synergy** — For optimal eye health. Nordic Naturals Eye Synergy combines the top five researched nutrients, including DHA fish oil, to support healthy vision.

**Coming Soon!**

- **JOINT synergy**
- **BRAIN synergy**

**Check out our website [nordicnaturals.com](http://nordicnaturals.com)**

**NORDIC NATURALS, INC.**

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**HEART™  
synergy**

Synergistic blend of  
fish oil and other  
nutrients for healthy  
heart support



**NORDIC  
NATURALS**   
*Pure and Great Tasting Omega Oils*

## All the latest science IN ONE LITTLE BOTTLE

Over three dozen clinical studies show that EPA and DHA from fish have multiple benefits for cardiovascular health.\* They appear to make the arteries more fluid and flexible and can help regulate heart beat.\* According to the FDA, "supportive but not conclusive research shows that consumption of EPA and DHA Omega-3 fatty acids may reduce the risk of coronary heart disease."

For people concerned about their heart health, Nordic Naturals has the complete nutritional solution. In addition to purified fish oil, Heart Synergy includes important nutrients – including coenzyme Q10, L-carnitine, antioxidants and magnesium – that play a distinct role in maintaining cardiovascular health and may be depleted by diet, stress and even prescription drugs.\*

Scientific investigation shows these ingredients work in synergy, meaning that their combined effects are greater than the sum of their parts. Researchers studying coenzyme Q10 and L-carnitine, for example, found that when each of the compounds was administered to isolated tissues individually, they didn't do much to improve heart metabolism. However when administered together, they had an impressive effect. The researchers concluded "it appears that the association of L-carnitine and coenzyme Q10 is more effective than using these compounds separately."

### Coenzyme Q10

Coenzyme Q10, popularly known as CoQ10, is an antioxidant enzyme that the body naturally produces to help transform food into energy.\* Only the brain requires more energy than the heart. An analysis of eight controlled clinical trials found that CoQ10 supports cardiovascular health, presumably by helping meet the heart's demanding energy needs.\* It also acts as an antioxidant, protecting heart tissue from the harmful effects of free radicals.\*

Importantly, the American Journal of Cardiology recently reported that common heart drugs such as statins can cause a deficiency of CoQ10.

### L-carnitine

L-carnitine is an amino acid that transports fatty acids to the mitochondria of cells, where they can be burned as fuel.\* So like CoQ10, L-carnitine helps produce energy for the heart.\* This "conditionally essential" nutrient appears to regulate heart beat.\* While the body naturally produces L-carnitine, there are times when a person's energy needs exceed how much L-carnitine can be produced by the body. That's why many health professionals recommend supplementing with L-carnitine.

### Antioxidants

Vitamin E, selenium and folic acid are all antioxidants that are cardio-protective.\* Antioxidants work to neutralize harmful free radicals. Free radicals are unstable molecules missing an electron, that try to stabilize themselves by "stealing" electrons from other molecules. This creates a cycle of cellular destruction. By supplementing with antioxidants, free radicals are "quenched" and heart tissue is protected.\*

### Magnesium

Magnesium is perhaps the most important nutrient for the entire cardiovascular system, because of its multiple functions. Numerous studies show that this essential mineral helps normalize heart rhythm.\* Additionally, it relaxes the blood vessels, which promotes healthy blood flow, and improves energy production within the heart.\*

### Supplement Facts

Serving Size: 2 Soft Gels		Servings per container: 30
Amount Per Serving		% Daily Value*
Calories	17	
Calories from fat	16	
Total Fat	1.7 g	3%
Saturated Fat	0.09 g	0.05%
Fish Oil	1650 mg	†
EPA (Eicosapentaenoic Acid)	536 mg	†
DHA (Docosahexaenoic Acid)	371 mg	†
Vitamin E (d-alpha tocopherol)	60 I.U.	200%
Folic Acid	400 mcg	100%
Magnesium (as Magnesium Oxide)	208 mg	52%
Selenium (as L-Selenomethionine)	100 mcg	142%
L-Carnitine (as L-Carnitine Tartrate)	50 mg	†
Coenzyme Q-10	50 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established. Less than 5 mg of Cholesterol per serving.

## THE NORDIC NATURALS ADVANTAGE

We know you have a choice when it comes to picking a heart supplement for yourself or your loved ones. Here's why we believe Nordic Naturals is the best choice:

### Exceptional purity

Our fish oils:

- Are molecularly distilled through a gentle enzymatic process
- Surpass all national and international standards for environmental pollutants
- Are third-party tested before, during and after encapsulation

### Unparalleled freshness

Our fish oils:

- Are manufactured in an exclusive nitrogen manufacturing environment that protects against oxidation
- Deliver the highest freshness values in the industry

### Highest Quality

Our products:

- Include only the highest quality ingredients in forms easily absorbed by the body
- Are used and recommended by top doctors and research institutions



\* 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.