

# WEIDER

GUMMY **up** REVOLUTION



## OMEGA **up**

- Combination of omega 3-6-9 fatty acids
- 100% gluten free vegetable product
- Suitable for vegetarians and vegans

Thanks to **Omega Up**, taking omega 3-6-9 is much easier and more delicious than ever!

Omega 3 and 6 essential fatty acids are a type of fat needed for many processes and organs in the body. These fats are considered essential because the body cannot synthesize them; this means they must be consumed in the diet to prevent nutritional deficiency.

Omega 3 and 6 form part of the cell membranes, regulate inflammatory processes, and are necessary for good condition of the skin, nervous system, and normal hormonal function.

- Omega 3s are polyunsaturated fatty acids essential to the heart and brain. They act as precursors for anti-inflammatory compounds.
- Omega 6s are also very important for the development of the brain and care of the heart and skin.
- Omega 9s, although not essential, offer many health benefits such as helping to lower cholesterol and protect the heart.

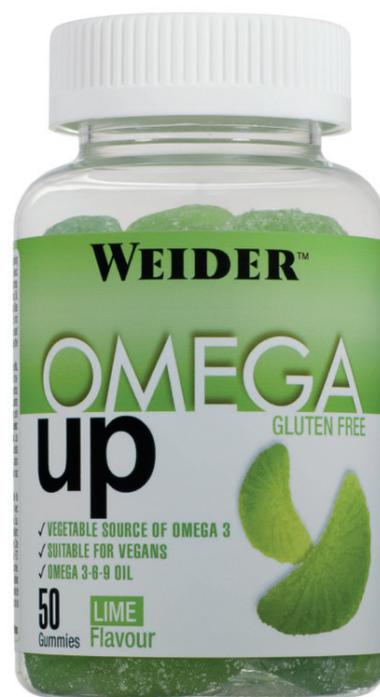
Omega 3 and 6 fatty acids are especially important during pregnancy and lactation, so **Omega Up** becomes the best option to enhance your diet during this time.

**Omega Up** is made with perilla oil, a vegetable oil rich in omega 3-6-9. These gummies are made with pectin so they are suitable for vegetarians and vegans. They also have no artificial sweeteners and are gluten-free.

Taking your dose of essential fatty acids has never been so delicious and nutritious!

**Ingredients:** Sucrose, Glucose Syrup, Water, Gelling Agent: Pectin; Dextrose, Lime Flavour, Perilla Oil, Humectant: Sorbitols, Acid: Citric Acid; Colours: Curcumin, Brilliant Blue FCF.

## HEALTHY UP!



VEGAN



GLUTEN FREE

Nutritional Information	Per 2 gummies
Perilla oil	184 mg
Alpha linoleic acid (omega 3)	110,4 mg
Alpha linoleic acid (omega 6)	22 mg
Oleic acid (omega 9)	18,4 mg

**Directions for use:** Take 2 gummies daily.

**Packaging:** Tin with 50 gummies (25 portions)

**Flavour:** Lime.

**Combination:** Omega Up may be combined with any other Weider product without restriction.

