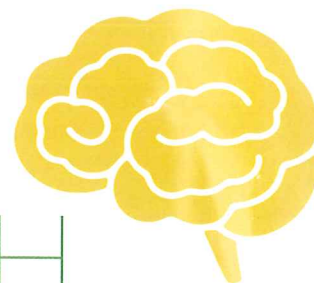


CALAMARI OIL

FOR BRAIN HEALTH



Calamari oil is a concentrated, natural source of the omega-3 fatty acid DHA, which plays a vital role in brain health throughout life, from before birth to old age.

For unborn babies and growing infants, DHA is vital for normal healthy development of the brain, nervous system and eyes. It becomes especially important during the last trimester of pregnancy, when it facilitates the rapid growth and development of the brain tissue.

At the opposite end of the lifespan, maintaining adequate intake of omega-3s, and especially DHA, may help to maintain cognitive functioning and the health of the ageing brain, with particular benefits for memory and learning.

Studies suggest that having low levels of DHA may be linked to poor memory function^{1,2,3} and may accelerate the cognitive decline that many people

experience as they get older⁴. On the other hand, having high levels of omega-3s such as DHA may promote learning and memory functions and may help delay cognitive decline.

In one study, published in the medical journal *Age* in 2013⁴, researchers measured the dietary intake of DHA and EPA (another omega-3 essential fatty acid found in calamari oil) in a group of people aged 70 years old who had healthy brain function.

When the participants' cognitive functions were tested five years later (at age 75), the results showed that those who had consumed the highest quantities of DHA (and EPA) had higher levels of cognitive performance than those who had consumed the lowest quantities.

References:

1. Stonehouse W et al. *Am J Clin Nutr* 2013;97:1134-43
2. Van Gelder BM, et al. *Am J Clin Nutr* 2007;85:1142-7
3. Natural Standard (2013). Docosahexaenoic Acid (DHA). Accessed from www.naturalstandard.com January 2014
4. Titova OE, et al. *Age* 2013;35:1495-1505

ECO-FRIENDLY CALAMARI OIL

The calamari oil used by Australian NaturalCare has been certified as sustainable by Friend of the Sea, the world's premier not-for-profit organisation devoted to protecting the habitat of marine species by promoting sustainable fishing practices.

It's produced entirely from the off-cuts of calamari intended for culinary use, much of which would otherwise go to waste, and is harvested using methods that don't damage coral reefs or the ocean floor, and that result in almost no by-catch of other species.



CALAMARI OIL 1000

Each capsule of Calamari Oil 1000 contains a whopping 470mg of DHA, an omega-3 fatty acid vital to healthy brain function. In older people, high DHA intakes may help maintain memory and cognitive functioning, while in unborn babies and growing infants, it's essential for healthy brain, eye and nervous system development. Calamari Oil 1000 also supports heart health and peripheral circulation, and helps healthy people maintain normal triglyceride levels. It provides temporary relief from arthritic pain, and helps reduce joint inflammation and swelling.



30 capsules - Order Code 6470
 1 bottle \$39.95
 2 bottles \$59.90 **SAVE \$20.00**
CLUB 4 \$19.95 SAVE \$20.00

Each capsule contains: Concentrated omega-3 triglycerides (squid oil) 1g (1000mg), equivalent to: omega-3 triglycerides 600mg, eicosapentaenoic acid (EPA) 100mg, docosahexaenoic acid (DHA) 470mg

No added: Corn, sugars, dairy, lactose, wheat, gluten, yeast, preservatives, artificial colours and flavours.

Contains: Seafood.

Recommended dosage: Adults: For general well-being, heart and brain health: Take 1 capsule daily. For the maintenance of healthy triglyceride levels: Take 2 capsules twice daily. For temporary relief of the pain of arthritis: Take 3 capsules twice daily. Or as advised by your healthcare professional.

Club 4 purchase guide: 3 months supply is dependent on dosage.