

PHARMANEX® OPTIMUM OMEGA

MEET OPTIMUM OMEGA



Give your body the Omega-3 support it needs with Optimum Omega, a high-quality fish oil formula designed to help maintain normal heart health and support normal brain function. With both EPA and DHA also contributing to normal vision and normal immune response, Optimum Omega provides targeted support for key areas of daily wellness and overall wellbeing.

Optimum Omega stands out with its thoughtful blend of high-quality fish oil and a proprietary mix of traditional botanicals. Each serving includes the Pharmedex Botanical Fusion Blend—a unique combination harnessing the wisdom of traditional

botanicals and power of modern science. This blend is designed to support your Prysm Score.

WHY YOU'LL LOVE IT

- Supports joint flexibility, comfort, and mobility.
 - DHA supports cognitive health and normal brain function.
 - DHA may help maintain normal vision.
 - May help maintain normal heart function.
 - May help support a healthy immune response.
 - Provides essential Omega-3 fatty acids (EPA & DHA) for overall health and wellbeing.
 - Supports a healthy inflammatory response.
-

WHAT POWERS IT

- **Fish Oil**—Provides Omega-3 fatty acids, including EPA & DHA, essential for normal heart, eye, joint, and immune function.
- **Pharmedex® Botanical Fusion Blend**—combines thousands of years of

traditional botanical wisdom and cutting-edge modern science to help support your body's absorption and utilization of important nutrients, especially antioxidants, vitamins, and minerals.

HOW TO USE IT

Take one serving (2 soft gels) daily with food and water. For best results, use consistently as part of your daily wellness routine.

TRY THESE WITH IT

- Prysm iO™
 - LifePak® Elements
 - TRMe™ Meal Balance
-

LEARN MORE ABOUT IT

What makes Optimum Omega unique?

Each serving provides 1000 mg of fish oil with 280 mg EPA and 190 mg DHA, two key Omega-3 fatty acids that may help support normal heart, brain, and vision health. It also features the Pharmanex® Botanical Fusion Blend, inspired by traditional Indian botanical wisdom and advanced by modern science. Together, this formula sets Optimum Omega apart as more than just fish oil.

How does it fit into my supplement routine?

Optimum Omega can be taken on its own or paired with antioxidant-rich supplements like LifePak® Elements or Meal Balance. When used together, these products help support overall nutrition and improve antioxidant absorption, which can help raise your Prysm Score.

What is the benefit of the Pharmanex® Botanical Fusion Blend?

The Pharmanex Botanical Fusion Blend features ingredients that reflect traditional botanical wisdom, enhanced by modern nutritional science. This blend is designed to support immune, eye, and overall health, including helping you get more out of antioxidant-containing supplements like LifePak Elements and Meal Balance, while also supporting your Prysm Score over time.

How does Optimum Omega support my Prysm Score?

Optimum Omega doesn't directly raise your Prysm Score, but it plays an important supporting role. Some antioxidants are fat-soluble nutrients, so they're better absorbed when taken with healthy fats like fish oil. The Pharmanex Botanical Fusion Blend is designed to further enhance nutrient uptake. When combined with antioxidant-rich supplements such as LifePak® Elements or Meal Balance, Optimum Omega can help your body absorb more antioxidants, supporting your Prysm Score over time.

Can I get all of the Omega-3s that I need in my diet alone?

Omega-3 fatty acids are considered "essential fatty acids" because they are vital for health yet cannot be synthesized by the body. They, therefore, must be supplied in the diet. People whose healthy diets include frequent consumption of fish can get most of the Omega-3s that they need. However, typical diets only include around 3.5 ounces of fish per week—half of what experts recommend. Supplementation with Optimum Omega is a convenient and safe way to add Omega-3 fatty acids into the daily diet.

SCIENCE THAT SUPPORTS IT

1. Deng W, Yi Z, Yin E, Lu R, You H, Yuan X. Effect of omega-3 polyunsaturated fatty acids supplementation for patients with osteoarthritis: a meta-analysis. *J Orthop Surg Res.* 2023 May 24;18(1):381. doi: 10.1186/s13018-023-03855-w. PMID: 37226250; PMCID: PMC10210278.
2. Dighriri IM, Alsubaie AM, Hakami FM, Hamithi DM, Alshekh MM, Khobrani FA, Dalak FE, Hakami AA, Alsueaadi EH, Alsaawi LS, Alshammari SF, Alqahtani AS, Alawi IA, Aljuaid AA, Tawhari MQ. Effects of Omega-3 Polyunsaturated Fatty Acids on Brain Functions: A Systematic Review. *Cureus.* 2022 Oct 9;14(10):e30091. doi: 10.7759/cureus.30091. PMID: 36381743; PMCID: PMC9641984.
3. Bodur M, Yilmaz B, Ağagündüz D, Ozogul Y. Immunomodulatory Effects of Omega-3 Fatty Acids: Mechanistic Insights and Health Implications. *Mol Nutr Food Res.* 2025 May;69(10):e202400752. doi: 10.1002/mnfr.202400752. Epub 2025 Mar 30. PMID: 40159804; PMCID: PMC12087734.

4. Khan SU, Lone AN, Khan MS, Virani SS, Blumenthal RS, Nasir K, Miller M, Michos ED, Ballantyne CM, Boden WE, Bhatt DL. Effect of omega-3 fatty acids on cardiovascular outcomes: A systematic review and meta-analysis. *EClinicalMedicine*. 2021 Jul 8;38:100997. doi: 10.1016/j.eclinm.2021.100997. PMID: 34505026; PMCID: PMC8413259.

WHAT'S IN IT

NUTRITIONAL INFORMATION (Approximate values)
Serving size: 2 Softgels Capsules (1.78 g) (0.89 g each)
Number of servings per container: 30

Nutrients	Units	Amount per Serving	% RDA [~]
Energy	kcal	10.116	0.51
Total Fat	g	1.124	1.68
Saturated Fat	g	0.086	0.39
Trans Fat	g	0.002	0.10
Cholesterol	mg	10.0	-
Sodium	mg	1.22	0.06
OTHER NUTRIENTS			
Fish Oil Containing	mg	1000	-
Total Omega 3 fatty acids	mg	503	-
Eicosapentaenoic acid (EPA)	mg	280	-
Docosahexaenoic acid (DHA)	mg	190	-
SABINOIDS—Carotenoids	mg	10.0	-
Complex Blend Containing			
Black Pepper standardized extract (with Piperine)	mg	5.0	-
Lutein/zeaxanthin complex	mg	4.0	-
Curcumin complex	mcg	500	-
Tulsi Leaf extract	mcg	500	-

[~] %RDA (Recommended Dietary Allowance) calculated per serve (2 softgel capsules) on the basis of 2000 kcal energy for average adult per day (Labelling & Display Regulations, 2020). ● - RDA not established.

Ingredients: Fish Oil, Ingredient of capsule shell (Gelatin), Humectants for capsule shell [INS 422, INS 420 (iii)], Emulsifier [Lecithin (soya)], Purified water, Lubricant [INS 901], Vehicle (Soyabean oil), **SABINOIDS Carotenoids Complex Blend** [Black pepper (*Piper nigrum*) standardized extract, Lutein/Zeaxanthin complex, Disintegrant (Starch), Curcumin Complex, Tulsi (*Ocimum tenuiflorum*) leaf extract, Diluent (Maltodextrin)], Anticaking agent [INS 551], Antioxidants [INS 307c, INS 320], Coloring agents [INS 124, INS 171, INS 122].

● **Allergen warning:** Contains Soy & Fish

GELATIN FOOD GRADE

RECOMMENDED USAGE LEVEL: Adults to consume two (2) softgels daily with either morning or evening meal.

NOT FOR MEDICINAL USE. Not to exceed the recommended daily usage. This product is not to be used as a substitute for a varied diet. Product is required to be stored out of reach of children. This product is not intended to treat, cure or prevent any disease, disorder or medical condition. In case of accidental overdose, contact a physician. **Keep the cap tightly closed after every use.** Store below 25° C. Protect from light and moisture.

Pregnant or lactating women or anyone with medical condition should consult with healthcare professional before consuming this product.

Manufactured By: **Maxcure Nutravedics Limited**

13, Sector-6A, I.I.E., SIDCUL, Haridwar-249 403, Uttarakhand, India

FSSAI Lic. No.: 10016012000340

Marketed By: **Nu Skin India Private Limited**

Unit 1, Level-7, Wing-B, Satellite Gazebo, Guru Hargovindji Marg, Andheri Chatkopar Link Road, Chakala, Andheri (E), Mumbai-400 093, Maharashtra, India.

©2025 NSE Products, Inc.

Lic. No. 11525997001069

EPR Registration Certificate Number: B-29016(12346)(EPR-Registration)/25/WM-III

For consumer queries, feedback, or concerns, contact our customer care office at marketed by address or

☎+91-120-71 27 177 ✉ indiasupport@nuskin.com

BATCH NO.:

MFG. DATE:

EXPIRY DATE:

MRP (₹):

(inclusive of all taxes)

USP (₹/CAPSULE):



73004553

PHARMANEX® is a registered trademarks licensed under NSE Products, Inc.

73 004553 94519723/1