



▼ **INGREDIENTS**

Supplement Facts

Serving Size: 2 mL
Servings per bottle: 30

	Amount Per Serving	%DV
Calories	18	*
Total Fat	1.8 g	3.0%
DHA	550 mg	*
EPA	275 mg	*
DPA	55 mg	*
Total (Omega 3)	880 mg	*

*Daily Value is not established.

Other Ingredients: Algae Oil; Natural Flavors; Coconut Oil; Glycerol; Ethanol; Perilla Seed Oil; Ascorbyl Palmitate; Tocopherols; Rosemary Oil; CoQ10.

▼ **DOSAGE**

- 2 mL daily, or as directed.

▼ **PACKAGING**

- 2 oz glass bottle with dropper.

▼ **PERSPECTIVE**

Most EPA/DHA products are derived from fish oil – a non-sustainable source of $\Omega 3$ fatty acids that run the risk of oceanic environmental toxins such as mercury. Fish are rich in $\Omega 3$ essential fatty acids because they eat algae. For a 100% vegetarian-source of EPA/ DHA $\Omega 3$ fatty acids, algae species such as *Cryptocodinium*, *Thraustochytrium*, *Ulkenia* and *Schizochytrium*, provide excellent DHA; and species such as *Phaeodactylum tricornutum*, *Spirulina*, *Chlorella*, *Nannochloropsis*, and *Monodus subterraneus* produce nascent EPA fatty acids, as well as carotenoids not present in fish oil.

▼ **LIFESTYLE**



#108 ALG^{LQ} (Algae Omega 3's EPA, DHA)

Microalgae, small aquatic organisms, convert sunlight into energy and store it as valuable, essential oils. High in $\Omega 3$ essential fatty acids, scientific research finds that these fatty acids serve the body's inflammation control and inflammation-resolution mechanisms. Research reports that EPA/DHA fatty acids support the body's efforts to maintain a positive mood, efficient concentration, memory processes, and cell membrane insulin sensitivity. Other research reports that $\Omega 3$ fatty acids help the body's cardiovascular maintenance processes by balancing the role that $\Omega 6$ fatty acids play in overall body health. Now there is an eco-friendly, vegetarian source of $\Omega 3$ essential fatty acids that does not risk the contaminants in fish oil, making algae supportive of both human and planetary health.

▼ **INDICATIONS**

- Immune system support
- Brain development and maintenance nutrients
- Cardiovascular health
- Cell membrane fluidity support
- Nerve sheath support
- Overconsumption of $\Omega 6$ fatty acids in grains and seed oils

▼ **KEY COMPONENTS**

- **DHA – Docosahexaenoic acid:** An $\Omega 3$ fatty acid. A building block of the brain and retina; helps form neural pathways (neurotransmitters) for normal brain and eye function. The body converts to prostaglandins for healthy cardiovascular function. Essential for normal brain development. Helps maintain the cell's lipid bi-layer fluidity and thus supports cell signaling; helps prevent LDL (Low Density Lipid) particles from gaining entrance to muscle cells that line the arteries. Supplies the body with 17-HDHA (17-hydroxy Docosahexaenoic Acid), which helps prime the metabolic pathways with Resolvin D1, Protectin D1, and Maresin-1 to help resolve normal inflammation processes and initiate the normal activities of post-inflammation tissue repair.
- **EPA – Eicosapentaenoic acid** – An $\Omega 3$ fatty acid that helps cell membrane fluidity and immunological health. Scientific findings report EPA is necessary to support the immune system's normal inflammation processes, including resolution because it inhibits delta-5 saturase enzyme that produces pro-inflammatory eicosanoids—prostaglandins, thromboxanes, leukotrienes. It also competes with phospholipase-A2 enzyme (the same action that corticosteroids perform) and serves to help brain and other cells regulate their normal membrane immune activities.
- **DPA (Docosapentaenoic Acid)** – An $\Omega 3$ fatty acid considered to be an intermediary between EPA and DHA. Can be converted to EPA in the liver and blood vessels. High levels are found in human breast milk. The subject of considerable scientific research, DPA is receiving glowing reports for its ability to support overall, normal cardiovascular and neurological health.
- **CoQ10 (Coenzyme Q10)** – An mitochondrial energizer and oxidative pathway regulator that supports the nerves, brain, heart, eyes, and cardiovascular systems.

- **Coconut Oil** – A medium chain triglyceride super-food that converts to power-packed ketones in the liver.
- **Perilla Oil (Perilla Frutescens)** – Contains flavones—powerful antioxidants—that help prevent free radical damage to cell membranes. Flavones bind to heavy metals for removal from the body via natural processes.

▼ **CONTRAINDICATIONS**

None.

▼ **CLINICIAN CONSENSUS**

- Mitochondrial Energizer Program:
#108 ALG – Algae Omega 3's EPA, DHA
#810 eNRG – Quantum Cellular ATP Energy
#840 EVENTA – Cellular Enzyme Corrector
#850 MoRS – Methylation Donor

▼ **BACKGROUND**

Dr. Shayne Morris' research into fatty acid metabolism regarding cell membranes and initiators of the body's normal inflammation-resolving processes via resolvins, protectins, and maresins lead to the importance of a vegetarian source of certain essential fatty acids normally supplemented as fish oil. Algae can provide massive amounts of these specific, cellular fatty acids, free of ocean contaminants, and from an easily renewable source. Further, he wanted a formula that could support people on a ketone-adapted diet. ALG^{LQ} heralds a breakthrough in nutritional supplementation of the much needed $\Omega 3$ essential fatty acids.

▼ **SYNERGISTIC CONSIDERATIONS**

- **#880/#881/#882/#883** – Vista One & Two – Membrane Regeneration
- **#620 Metabo-Shake** (Berry) - Glycemic Support Formula
- **#180 REL** – Super Chlorella
- **#870/#871/#872** – Spectra One & Two – Herbal Whole Food Cellular Multi-Vitamin Mineral Oil
- **#810 eNRG** – Quantum Cellular ATP Energy
- **#840 EVENTA** – Cellular Enzyme Corrector
- **#850 MoRS** – Methylation Donor
- **#73 Mpr** – Prostate Ovatum

▼ **INFORMATION RESOURCES**

- www.systemicformulas.com

Quality Control: All herbal ingredients are tested before use for: microbes, heavy metals/contaminants, and assurance of correct genus/species.

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