

HIGHEST QUALITY FISH AND OMEGA-3 FATTY ACIDS

We all know that salmon is good for you and for your heart. This is because salmon contains high amounts of Omega-3 fatty acids, specifically EPA and DHA, which are essential to human life and support optimal health in key organs, systems, and life stages*:

- Aging
- Vision
- Metabolism
- Inflammation
- Cardiovascular
- Fetal development
- Skin, hair, and nails
- Joints and movement
- Cognition (thinking), attention, mood, and memory

The only problem is, most salmon – especially at your local grocery store – is farm raised. This means that the fish are fed a diet that contains high levels of contaminants which actually cause a lowering of the salmon's Omega-3 levels, in addition to the threat of mercury, PCBs, and other toxins.

If that doesn't sound disturbing enough for you, consider this: Farm raised salmon become so unnatural looking that fish farmers often inject them with an orange-colored dye to make them look like "real" salmon. They can literally choose from a color wheel, similar to what you would find at a paint store, to decide how orange they want the fish to look. Ew.

In 2004, the *Los Angeles Times* reported a study that "focused on commercially raised salmon in both the Atlantic and Pacific. It found roughly 10 times more PCBs, dioxins, and pesticide residues in farmed salmon than in the wild variety."

Finding unpolluted sources of salmon is becoming more and more difficult; that's why I'm happy to tell you about [Vital Choice](#), a company that is not only committed to providing consumers with high quality wild fish and other organic foods, but also manufactures what many Nutrition experts believe to be the highest quality fish oil available on the market in the form of pure wild caught Alaskan salmon oil.

Lets take a look and see why I recommend Vital Choice Salmon Oil over other brands. It is:

- **Gluten-free**
- **Made with fish gelatin capsules**
- **Virgin, whole, natural, unrefined**
- **Purity and potency certified by NSF**
- **Pure Wild Alaskan Sockeye Salmon Oil**

- Certified sustainable by the Marine Stewardship Council (MSC)
- 600mg omega-3s per serving (with 240mg EPA + 220mg DHA)
- Contains no artificial preservatives, color, dairy, starch, wheat, yeast, sugar, or soy

Their whole, unrefined, certified-pure virgin Omega-3 Sockeye Salmon Oil is extracted from wild Alaskan sockeye within hours of harvest. The brilliant orange color, which you won't find in other Salmon Oil supplements, comes from astaxanthin: a potent antioxidant pigment that wild sockeye acquire by eating krill and other zooplankton.

Standard Omega-3 supplements contain oils from different types of fish which vary widely purity and fat composition. The oils have to undergo chemical refinement to ensure their safety and to consistently provide predictable levels and ratios of omega-3 EPA and DHA. In contrast, because it comes from extraordinarily pure fish, Vital Choice Wild Alaskan Sockeye Salmon Oil does not need to undergo chemical refining. This is not to say that other fish oil brands are "bad." There are excellent brands of different types of fish oil on the market; I simply believe that its whole-food attributes make Vital Choice Salmon Oil a rare and powerfully health-promoting omega-3 supplement. It's also the one I now personally use on a daily basis and hope you will consider it to benefit your health as well!

You can purchase Vitality Choice products [HERE](#). While as of now they only ship their food products to the US, their specialized supplements can be shipped to Canada as well.

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**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.*
