

# Omega Sport+



## The Flora Advantage

- Contains omega 3-6-9 fatty acids, MCTs, vitamin D, and turmeric extract
- Fatty acid composition: 50% saturated fat (mainly MCTs), 25% omega-3, 13% omega-6, and 11% omega-9
- 85 calories/10 mL
- MCTs include caprylic acid (31%), capric acid (13.5%), and lauric acid (0.6%)
- Made with CurcuWIN®, a microencapsulated turmeric extract standardized to 20% curcuminoids with superior absorption
- Contains a natural spectrum and proportion of curcuminoids: curcumin (71.5%), demethoxycurcumin (19.4%), and bisdemethoxycurcumin (9.1%)
- CurcuWIN® is made with the UltraSOL Nutrient Delivery System, for up to 46x better absorption than standard curcumin
- Made with certified organic seed oils
- Gluten-free + Soy-free + Non-GMO + Kosher + Vegetarian

## Description

Flora's Omega Sport+ was formulated with both athletic performance and recovery in mind. Medium-chain triglycerides (MCTs) are a form of cholesterol-free saturated fat that the body can burn for fuel. Unlike other fats, they are rapidly absorbed and go straight to the liver to be quickly used for energy rather than stored as fat. Omega-3 and -6 essential fatty acids are also included in the formula to stimulate fat metabolism for energy and to provide anti-inflammatory compounds for the brain, cardiovascular system, and muscles.\* A unique turmeric extract is included to help with digestion of these fats, to reduce post-workout inflammation, and to relieve joint pain.\* This CurcuWIN® turmeric extract is made with the UltraSOL Nutrient Delivery System (microencapsulated): a unique technology that converts lipophilic compounds and poorly absorbed nutrients to water dispersible ingredients for enhanced bioavailability. Finally, vitamin D3 rounds out the formula. Besides being a crucial vitamin for bone and immune health, vitamin D also plays a role in muscle contraction/strength and protein synthesis.\*

## Available as:

Description Size	Code	UPC
Omega Sport+ Oil 8.5 oz.	67975	0 61998 67975 3
Omega Sport+ Oil 17 oz.	67977	0 61998 67977 7

- Used in Herbal Medicine as an anti-inflammatory to help relieve joint pain\*
- Provides antioxidants for the maintenance of good health\*
- Used in Herbal Medicine as a hepatoprotectant/ liver protectant/increase bile excretion by the liver and stimulating contraction of the gallbladder\*
- Used in Herbal Medicine to aid digestion\*
- Used in Herbal Medicine to help relieve flatulent dyspepsia (carminative)\*
- Helps in the maintenance of bones and teeth\*
- Helps in the absorption and use of calcium and phosphorus\*
- Source of omega-3 essential fatty acids as alpha-linolenic acid (ALA) for the maintenance of good health\*
- Provides medium-chain fatty acids which contribute to body and brain energy metabolism\*
- Source of omega-3 essential fatty acids and medium-chain fatty acids for the maintenance of good health and supply of cellular energy (ATP) to body tissues, including the brain, heart, and muscles\*

\*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.

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## Clinical Research Summary

CurcuWIN® turmeric extract was used in a human clinical trial studying curcuminoid absorption. It increased total curcuminoid absorption by 46x over standard curcumin. The next best was Phytosome curcumin at 7.9x.<sup>1</sup>

CurcuWIN® was also used in a randomized, placebo-controlled, double-blinded clinical trial of 59 healthy adults. The 8 week study found that both 200 mg and 50 mg doses improved endothelial function compared to placebo. This was measured by flow mediated dilation with a 3% (200 mg) and 1.7% (50 mg) increase. These results showed that the turmeric extract was able to dilate blood vessels to allow for improved blood flow to tissues and organs to a clinically significant degree.<sup>2</sup>

Another 8 week study of post-menopausal women using a curcumin extract found that the extract was able to improve endothelial function to the same degree as 8 weeks of moderate aerobic exercise.<sup>3</sup>

A variety of clinical studies have also found positive results for turmeric extracts in reducing inflammation and joint pain.<sup>4,5</sup>

Vitamin D is well known for its role in calcium balance and bone metabolism. It also plays a key role in the kinetics of muscle contraction, protein synthesis, and muscle strength.<sup>6,7</sup>

Medium-Chain Triglycerides (MCTs) are a type of fat that the body can readily use as a fuel source. They are burned for energy (metabolized to ketones) more readily than other types of fatty acids. As such they aren't stored as fat as much as other fatty acids either. Depending on the duration and intensity, the body will switch between carbohydrate/glucose-sourced fuel and fat as fuel. Generally, long-duration, low-intensity exercise (like jogging from 20 minutes to several hours) sees the body switch from carbohydrate to more fat sources of fuel. This is where MCTs before exercise or longer chain fats (like the omega-3 ALA and omega-6 LA) stored in the body can help.<sup>8</sup>

## Omega Sport+

### Supplement Facts

Serving Size 1 Tbsp. (15 mL)  
Servings Per Container about 16

Amount Per Serving	% Daily Value
Calories 130	
Total Fat 14 g	18%*
Saturated Fat 7 g	35%*
Polyunsaturated Fat 5 g	†
Monounsaturated Fat 1.5 g	
Vitamin D (cholecalciferol) 4.5 mcg*	22%
Proprietary sport blend 14 g	
Medium Chain Triglycerides (from coconut/palm kernel), flax (seed) oil**, sunflower (seed) oil**, (seed) oil**, pumpkin (seed) oil**, coconut (seed) oil**, evening primrose (seed) oil**, turmeric (rhizome) extract	†
Omega-3 ALA (alpha-linolenic acid) 3 g	†
Omega-6 LA (linoleic acid) 1.5 g	†
Omega-9 OA (oleic acid) 1.5 g	†

† Daily Value not established

\* Percent Daily Value based on a 2,000 calorie diet.

x 4.5 mcg = 180 IU vitamin D3

\*\* Organic

#### SUGGESTED USE:

Shake well before use. Take 1 tablespoon 3 times daily with food.

**For optimum freshness, keep refrigerated.** Shelf life: 1 year unopened.

#### OTHER INGREDIENTS:

Povidone, sunflower lecithin, organic rosemary extract, hydroxymethyl cellulose, and mixed tocopherols.

1. Jäger, R., et al. Comparative absorption of curcumin formulations. *Nutrition Journal* 2014, 13:11.

2. Oliver, J., et al. Novel Form of Curcumin Improves Endothelial Function in Young, Healthy Individuals: A Double-Blind Placebo Controlled Study. *J Nutr Metab.* 2016;2016:1089653.

3. Akazawa N, et al. Curcumin ingestion and exercise training improve vascular endothelial function in postmenopausal women. *Nutr Res.* 2012 Oct;32(10):795-9.

4. Chandran B1, Goel A. A randomized, pilot study to assess the efficacy and safety of curcumin in patients with active rheumatoid arthritis. *Phytother Res.* 2012 Nov;26(11):1719-25.

5. Jurenka JS. Anti-inflammatory properties of curcumin, a major constituent of *Curcuma longa*: a review of preclinical and clinical research. *Altern Med Rev.* 2009 Jun;14(2):141-53. Review.

6. Ceglia, L. Vitamin D and Its Role in Skeletal Muscle. *Curr Opin Clin Nutr Metab Care.* 2009 Nov; 12(6): 628-633.

7. Rejnmark, L. Effects of Vitamin D on Muscle Function and Performance: A Review of Evidence from Randomized Controlled Trials. *Ther Adv Chronic Dis.* 2011 Jan; 2(1): 25-37.

8. Lowery, L. Dietary Fat and Sports Nutrition: A Primer. *J Sports Sci Med.* 2004 Sep; 3(3): 106-117.

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