

YOUR SHARE-WORTHY CONTENT GUIDE

# Omega Guard™

Concentrated fish oil with essential Omega-3 fatty acids from small, cold-water fish.



Create simple, relatable content that feels genuine, not salesy.



## FOCUS ON:

- Everyday lifestyle moments
- Personal routines
- Real health concerns
- Small habits that matter long-term

## 5 WAYS OMEGA-3 SUPPORTS YOU

1

### Healthy Cholesterol

EPA & DHA help support healthy heart and cholesterol levels.

2

### Healthy Blood Pressure

Supports blood pressure already within a normal range as part of a healthy lifestyle.

3

### Healthy Pregnancy

DHA supports healthy fetal brain and eye development.

4

### Brain Development & Function

Supports focus, memory, learning, and mental clarity.

5

### Joint Comfort & Mobility

Helps support flexibility and comfortable movement daily.

## WHO IS OMEGA GUARD™ FOR?

- **Busy Young Adults** ▶ Mentally drained, seeking better focus and consistency
- **Moms & Moms-to-Be** ▶ Prioritising baby's nutrition and intentional supplementation
- **30+ Health Conscious** ▶ Focusing on heart health, realising diet may not be enough
- **Active Mature Adults** ▶ Experiencing stiffness, recovery concerns and seeking to stay active long-term

## COMMON THINGS PEOPLE SAY

"I don't eat enough fish."

"I want to take better care of my heart."

"I've been feeling tired lately."

"My body feels stiff after long days."

"I want a clean fish oil without the fishy taste."