

The Four Building Blocks of Functional Nutrition



120 Vegetarian Capsules
USA Item #21-150

240 Vegetarian Capsules
USA Item #21-153



120 Tablets
USA Item #21-160

240 Tablets
USA Item #21-163

480 Tablets
USA Item #21-166



Omega Sun[®]



Mental Clarity and Focus

All of our products are designed to effectively address the body's need for one or more of the **Four Nutritional Building Blocks of the Functional Nutrition Health Model**.

Omega Sun[®] belongs to the **Nourish with Superfood Nutrition** building block. Some of the health benefits and key product attributes include:

- ◆ *Naturally promotes mental health and immune system function**
- ◆ *Exerts a positive impact on mood, attention, concentration, and the nervous system*
- ◆ *Provides all essential amino acids that feed and enhance mental activity*
- ◆ *Contains a vast array of micronutrients that your body utilizes for well-being*
- ◆ *Easy to digest and assimilate*
- ◆ *Helps maintain cholesterol levels that are already within normal limits*
- ◆ *Certified kosher*

Nourish

Omega Sun[®] is the heart of the microalgae with the cell wall carefully removed via our special separation process, thus providing ready access to an abundance of raw materials that enhance mental activity in the brain, the most nutrient-demanding organ in the body. The amino acids found in **Omega Sun[®]** are the building blocks of the healthy nerve cells and neurotransmitters vital for proper brain function. **Omega Sun[®]** also provides essential omega-3 fatty acids that may be limited in the vegetarian diet; these are necessary for cardiovascular health and to help maintain normal cholesterol levels. **Omega Sun[®]** also contains **essential fatty acids**, proteins, complex sugars, vitamins, and minerals. The nutrients in **Omega Sun[®]** help maintain normal, healthy blood chemistry—**Omega Sun[®]** feeds the blood that feeds the brain.

Microalgae should be handled properly. If it's exposed to heat during harvesting, transport, or processing, it can lose nutritional value. Simplexity Health harvests the microalgae, chills it immediately, and then freezes it until it is ready to be dried. The system used for drying the harvested microalgae is a low temperature, organic- and kosher-certified process that preserves natural vitamins, enzymes, and other phytonutrients while protecting fragile botanical essences. Testing indicates that this proprietary drying system is especially effective for preserving heat-sensitive components such as **chlorophyll** and enzymes.

Nature's Extraordinary Gift

Algae is the basis of the entire food chain—the foundational nutrient source for creating and renewing all life on earth. *Aphanizomenon flos-aquae* (AFA) is the crème de la crème of all algae, one of the planet's most powerful ancient foods, a **premium species**. Tucked away in the Cascade Mountains of southern Oregon, USA, and fed by a network of mountain streams and springs, anchored in deep volcanic soil and 35 feet of mineral-rich sediment, Upper Klamath Lake is one of nature's most miraculous and abundant nutrition resources of AFA. This single-celled organism is richly endowed with a vast array of easily assimilated micronutrients and its recognized benefits are backed by years of **research** and studies from world-renowned algae scientists.



Supplement Facts

Serving Size: 4 capsules

	Amount Per Serving	% Daily Value*
Calories	5	
Protein	less than 1 g	
Vitamin A	1285 IU	25%
Iron	.5 mg	2%
Organic Microalgae (<i>Aph. flos-aquae</i>)	1 g	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Ingredients:

Omega Sun® Capsules: Blue-green algae (*Aph. flos-aquae*), vegetarian capsules (plant fiber, water).

Omega Sun® Tablets: Blue-green algae (*Aph. flos-aquae*), croscarmellose sodium, magnesium stearate.

Suggested Use: Four capsules/tablets, or as needed, each day. You may wish to start by taking one with meals and gradually increase based on your individual needs.

Keep in a cool, dry place.

Certifications: Organic, Kosher, and Halal.



"I have been taking Alpha Sun® and Omega Sun® for many years for the extra energy they give me. The algae does just what I need it to do."—Sharon Reilly

"After taking Simplicity Health products such as Omega Sun® for two months, I noticed that my energy had returned and I was cooking a festive holiday dinner for family and friends. Now, 14 years later, I am in excellent health at age 80!"—Beverley

Testimonials www.simplicityhealth.com/emails/voices/vff_sbga.html

Abstracts to research on AFA www.simplicityhealth.com/associatenew/technical/research_abstracts.html

Scientific references www.simplicityhealth.com/associatenew/technical/sci_references.html

AFA—Earth's First Food www.simplicityhealth.com/associatenew/specsheets/sbga.pdf

For more information please contact:

ELEMENTS AND TRACE ELEMENTS		VITAMINS	
Amount per Serving (1 g)		Amount per Serving (1 g)	
Calcium***	9.3 mg	Vitamin A (beta carotene)	1285.0 IU**
Chloride	1.6 mg	Thiamine (B1)	18.7 mcg
Chromium	0.5 mcg	Riboflavin (B2)	39.0 mcg
Copper	4.3 mcg	Pyridoxine (B6)	6.9 mcg
Iron	0.5 mg	Cobalamin (B12)	4.0 mcg
Magnesium	1.9 mg	Ascorbic Acid (C)	0.14 mg
Manganese	29.0 mcg	Niacin	0.3 mg
Molybdenum	3.6 mcg	Choline	2.3 mg
Phosphorus	5.4 mg	Folic Acid	0.6 mcg
Potassium	12.1 mg	Pantothenic Acid	5.1 mcg
Selenium	0.3 mcg	Biotin	0.1 mcg
Sodium	2.3 mg	Vitamin E	0.1 IU**
Zinc	11.2 mcg	Vitamin K	39.1 mcg

AMINO ACIDS			
(Essential in Diet)		(Not Essential in Diet)	
Arginine***	32.0 mg	Asparagine	51.0 mg
Histidine***	9.0 mg	Alanine	40.0 mg
Isoleucine	24.0 mg	Glutamine	81.0 mg
Leucine	43.0 mg	Cystine	2.0 mg
Lysine	30.0 mg	Glycine	25.0 mg
Methionine	8.0 mg	Proline	21.0 mg
Phenylalanine	21.0 mg	Serine	26.0 mg
Threonine	31.0 mg	Tyrosine	15.0 mg
Tryptophan	7.0 mg	Aspartic Acid	44.0 mg
Valine	27.0 mg	Glutamic Acid	40.0 mg

Essential Amino Acids: 40.2 %
Not-Essential Amino Acids: 59.8 %

** International Units
*** Important for children's growth

General Composition

Protein	50-64%
Carbohydrates	24-28%
Total Fat	4-6%
Total Dietary Fiber	3-5%
Minerals	5-7%
Cholesterol	<1 mg

Sugar Profile

Glucose	18.1 mg
Fructose	0.0 mg
Maltose	6.3 mg
Sucrose	0.0 mg
Total Sugars	24.4 mg