

# Healthy Science™ by Mannatech

## Mannatech's Omega-3 with Vitamin D3 Capsules for a Healthy Inflammatory Response\* Mannatech Research and Development Team

Recent buzz within the functional food, beverage and dietary supplement industries indicates that consumers lack a real understanding of what inflammation is and why they need to be concerned about it. In a recent informal poll, 43.6% of respondents reported that a lack of consumer education about inflammation is the most significant challenge facing the success of anti-inflammatory nutrition products. At Mannatech, we recognize the potential of using proper nutrition to help control inflammation and support a healthy body, and we'd like to help you understand this as well!

### What is inflammation?

Inflammation is the process by which your body's immune system responds to tissue injury, irritation or infection by foreign substances. Think back to the last time you experienced a minor skin injury, like a deep paper cut. You may remember the area around the cut turning red and perhaps swelling up... and let's not forget the pain! How can a measly little paper cut hurt so much?! Well, these are all signs that your immune cells are working hard to protect your body and promote the healing process, which indicates a healthy inflammatory response.

### Why do you need to be concerned about inflammation?

Acute inflammation, like that which occurs when you get a paper cut, is actually an important sign of a well-functioning immune system. Chronic inflammation, on the other hand, is when your body's immune system becomes overactive, and instead of attacking foreign invaders, it begins to attack your own healthy cells, doing your body more harm than good. An important point to keep in mind is that you can't always see or feel chronic inflammation, especially when it's affecting your internal tissues (e.g., joint cartilage), organs (e.g., brain) or systems (e.g., cardiovascular). While there are blood tests available to detect signs of an overactive immune system, left unaddressed, chronic inflammation can lead to many serious health conditions. So being proactive about supporting a healthy balance of immune functions is a must!

### What can you do to support a healthy inflammatory response in your body?

Did you know that diet and nutrition can have a significant impact on inflammatory processes? The ever-popular Western Diet, characterized by high intakes of red meat, sugars, refined carbohydrates, and trans and saturated fats, has been associated with an increased risk of experiencing inflammation-associated health issues.<sup>1,2</sup> In order to promote a healthy balance of immune functions, experts recommend you consume a high-fiber, low-sugar diet rich in fish, nuts and fresh fruits and vegetables.

You can also supplement your diet with specific anti-inflammatory nutrients, such as a high-quality fish oil product containing high amounts of the omega-3 fatty acids, EPA and DHA, along with vitamin D. Omega-3s inhibit the generation of inflammatory compounds and have been shown to reduce levels of inflammation markers in the blood.<sup>3,4</sup> Vitamin D is another important nutrient linked to healthy functioning of the immune system and anti-inflammatory effects.<sup>5</sup> Mannatech's new Omega-3 with Vitamin D<sub>3</sub> provides high levels of EPA, DHA and vitamin D, which, in conjunction with eating a healthy diet, can help your body maintain a healthy, balanced immune system and support a healthy inflammatory response.\*

\* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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