

OmegAhi

Plant-Based Omega Wellness



Harnessing the power of Ahiflower® oil

OmegAhi is a plant-based omega supplement designed for those who want the benefits of marine-like omega-3s without fish. Its core ingredient, **Ahiflower® oil**, delivers a unique combination of omega-3 and omega-6 fatty acids that support cardiovascular health, supports a healthy inflammatory response and overall wellbeing. With a fruity flavour and sustainable sourcing, OmegAhi offers a comprehensive omega solution that is both effective and enjoyable.◇

Why choose OmegAhi?

OmegAhi stands apart because it is a plant based omega source featuring stearidonic acid (SDA), a rare omega 3 that is one metabolic step closer to EPA and DPA than alpha linolenic acid (ALA). SDA bypasses the rate limiting Δ 6 desaturase step, so it converts to EPA much more efficiently than ALA. Human trials have shown that Ahiflower oil supplementation increases plasma and cellular EPA and DPA levels up to four times more than flaxseed oil. These studies also report higher levels of dihomo γ linolenic acid (DGLA), a fatty acid associated with beneficial inflammatory pathways, and enhanced production of interleukin 10 (IL 10), a cytokine involved in regulating immune balance. Beyond these effects, Ahiflower oil forms a wide array of oxylipin precursors and shifts the body's oxylipin pattern toward EPA derived metabolites. These characteristics make OmegAhi an effective plant based alternative to fish oil for vegans, vegetarians and anyone seeking sustainable omega 3 nutrition.◇

Ahiflower®: the plant-based advantage

Most plant oils provide only ALA, which must pass through several conversion

steps before becoming long-chain omega-3s. **Ahiflower is different.** It naturally contains SDA along with ALA and a modest amount of gamma-linolenic acid (GLA). SDA converts to EPA and DPA more efficiently than ALA, while GLA supports production of DGLA, which promotes balanced immune signaling and cellular health.[2]. This combination helps promote a healthy omega-3 to omega-6 balance and supports multiple body systems.◇ Ahiflower is also non-GMO and grown using regenerative farming practices, making OmegAhi a sustainable choice[4].

What OmegAhi can do for you

- **Support cardiovascular health and circulation:** By increasing EPA and DPA levels, Ahiflower oil helps maintain a favourable omega-3/omega-6 ratio[1] and supports the flexibility and integrity of blood vessels.◇
- **Promote a healthy inflammatory response:** GLA from Ahiflower converts to DGLA, fostering inflammation balancing compounds[2]. Clinical studies show that Ahiflower supplementation elevates IL-10, an inflammation balancing cytokine[3].◇

- **Provide antioxidant support:** OmegAhi includes vitamin E (d-alpha-tocopherol), a fat-soluble antioxidant that helps stop the formation of reactive oxygen species and supports immune function[5]. A small amount of beta-carotene adds natural colour and contributes provitamin A[6].◇
- **Deliver sustainable, clean nutrition:** Because it is derived from land-based plants, OmegAhi avoids the environmental impact and contaminants associated with marine oils[4]. It is vegan friendly and free from fish, shellfish and dairy.
- **Taste great and easy to use:** Natural flavours of peach, mango, vanilla and citrus give OmegAhi a pleasant, light – slightly tart- fruit taste, making it enjoyable straight from the spoon or mixed into cold foods and beverages.

Usage and storage

Take **one tablespoon (15 mL) daily**, with or away from meals. Shake well before each use. OmegAhi may be taken directly or added to drinks or foods; but do not heat or cook with it. Refrigerate after opening and consume within 60 days for optimal freshness. Do not freeze.

Important information

- **Allergen information:** OmegAhi is free from fish, shellfish, gluten and dairy. It contains plant oils and natural flavour extracts.
- **Cautions:** Consult your healthcare provider before use if you are pregnant, nursing, taking medication or have a medical condition.

- **Storage:** Store unopened bottles in a cool, dry place away from direct sunlight. After opening, refrigerate and use within two months.

REFERENCES:

1. Lefort N, et al. Consumption of Buglossoides arvensis seed oil is safe and increases tissue long-chain n-3 fatty acid content more than flaxseed oil: a phase I randomized clinical trial. *Journal of Nutritional Science*. 2016;5:e2.
2. Lefort N, et al. Dietary Buglossoides arvensis oil increases circulating n-3 polyunsaturated fatty acids dose-dependently and enhances lipopolysaccharide-stimulated whole-blood interleukin-10. *Nutrients*. 2017;9(8):815.
3. Seidel U, et al. Stearidonic acid improves eicosapentaenoic acid status: studies in humans and cultured hepatocytes. *Frontiers in Nutrition*. 2024;11:1343636.
4. James MJ, Ursin VM, Cleland LG. Metabolism of stearidonic acid in human subjects: comparison with linoleic and α -linolenic acids. *American Journal of Clinical Nutrition*. 2003;77(5):1140-1145.
5. Maki KC, et al. Stearidonic acid raises red blood cell membrane eicosapentaenoic acid in healthy adults. *Journal of Nutrition*. 2012;142(3):626-632.
6. Baker EJ, et al. Recognizing the health benefits of plant-sourced omega-3 stearidonic acid: exploring its complementary role to preformed EPA and DHA. *Lipids*. 2025;60(2):183-197.
7. Surette ME. Dietary omega-3 polyunsaturated fatty acids and health: stearidonic acid-containing seed oils as effective and sustainable alternatives to traditional marine oils. *Molecular Nutrition & Food Research*. 2013;57(5):748-759.

Supplement Facts

Serving Size 1 Tbsp (15 ml)
Servings Per Container 30

Amount Per Serving	% Daily Value	
Calories	81	
Total Fat	6 g	5%*
Polyunsaturated Fat	2 g	**
Monounsaturated Fat	4 g	**
Total Carbohydrate	7 g	3%*
AhiFlower® seed oil	1.5 g	**
Omega-3 fatty acids	850 mg	**
Alpha linolenic acid (ALA)	600 mg	**
Stearidonic acid (SDA)	250 mg	**
Omega-6 fatty acids	65 mg	**
Gamma linolenic acid (GLA)	65 mg	**

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

INGREDIENTS: Glycerin, sunflower oil, refined Ahiflower® seed oil, purified water, potassium bicarbonate (natural mineral), natural vanilla extract, natural peach extract, natural mango extract, citrus oil, citric acid (pH adjuster), vitamin E (as D-alpha-tocopherol), beta carotene (natural color)

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Each 1 Tbsp (15 ml) provides 850 mg of total Omega-3 fatty acids, including 600 mg of ALA and 250 mg of SDA, along with 65 mg of Omega-6 fatty acid GLA.

DIRECTIONS: Take 1 tablespoon (15 ml) daily.

As with all supplements, please consult your physician prior to taking if you are pregnant or attempting to become pregnant, breast-feeding, under a doctor's care or taking prescription medication.

This product is processed in the same facility as products containing fish, shellfish, soy, dairy, peanuts and tree nuts.

Store at room temperature. Refrigerate after opening. Do not freeze.

Not tested on animals

Vegan

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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.

Lifeplus International • P.O. Box 3749, Batesville, Arkansas 72503 • 870-698-2311 • www.lifeplus.com
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