

OmMega Frequently Asked Questions

1. How and when should I take OmMega?

Take 2 softgels with 8 oz of water. Do not exceed 6 softgels per day. You can take it alongside your other Amare products. To avoid feeling nauseous, it is recommended to take OmMega with a meal.

2. Is it Vegan?

No, OmMega is not vegan as it contains animal products.

3. Is it Gluten Free?

Yes.

4. Can I take OmMega if I'm pregnant or nursing?

The natural ingredients that we use in OmMega are not known to interact negatively with those who are nursing or pregnant. Since these ingredients are not specifically studied in these populations – we always recommend consulting your physician when making adjustments to your regimen.

5. Can children take OmMega?

As with all Amare products, OmMega is not known to contain ingredients that are unsafe for your child. We do recommend a ½ dose and consulting your pediatrician prior to consumption.

6. Can I take OmMega while I am on prescription medication?

The natural ingredients that are used in OmMega are not known to have interactions with medications. As a standard practice, we always advise consulting your physician before making adjustments to your regimen.

7. How does OmMega benefit mental wellness?

OmMega is a sustainably sourced, lavender-infused fish oil that features a 5:1 ratio of EPA to DHA scientifically shown to support mental wellness. The specific ratio of high EPA to DHA is known to have a more effective profile in mental health benefits such as cognition, memory recall, mental acuity, alertness, positive mood, neurogenesis, and resilience from feelings of depression compared to a generic fish oil product.

8. What can I expect when taking OmMega?

You may expect an elevated mood because these fatty acids can easily move through the brain to reach mood-related hormones and molecules as well as a decrease in chronic inflammation. OmMega may support memory and cognitive functions while promoting a healthy nervous system on top of promoting cardiovascular health.

9. What makes OmMega different from other fish oils?

Different from other brands, the source of OmMega's fish oil comes from Arica, Chile and yields greater stability along with an optimized nutrient profile. Our production facility has a microscopic ecological footprint, using 100% renewable energy. In addition to the mental wellness benefits provided by OmMega, the omega-3 fatty acids in our specialized blend also provide support for your heart, joints, and skin. OmMega is infused with a premium lavender oil to remedy the typical fishy taste, smell and those dreaded "fish burps."

10. What are the softgels made from?

The OmMega softgels are made out of gelatin from Bovine sources.