

NEVER Order These 4 Fish at a Restaurant Plus, the Unique Heart Health Tips I Teach to All My Patients

Hi, this is Dr. Sam Walters.

Are you one of the millions of Americans that orders fish when you go out to eat because you think you're being heart healthy?

With 114,000 fatal heart attacks in the USA each year, I appreciate you trying to avoid one by trying to eat something that is supposed to be good for you.

Shockingly, the fish found in almost every restaurant is far from what you want to be eating.

If you're concerned about the health of your heart, and having a heart attack, this will be the most important thing you watch today.



Because not only am I going to expose the 4 fish to never order, but I'm also going to reveal the heart healthiest fish on the planet.

I can pretty much guarantee you've either never heard of it, or had any clue it was so vital to avoiding a heart attack.

And neither has your cardiologist.

But first, whether you eat these fish at home, or like to order them when eating out, in my medical opinion you should avoid these as much as possible.

The First Fish To Never Eat Is Tilapia

For years, tilapia was promoted by the health and fitness industry as a fantastic fish...

But they couldn't be more wrong.

In fact, tilapia is one of the WORST fish you can ever eat.

Tilapia contains very few healthy Omega-3 fatty acids...

Which is the #1 reason to eat fish in the first place.

And the concentration of harmful fats in tilapia is almost as high as in lard!

Tilapia is NOT recommended for those who have heart diseases, asthma or arthritis.

But there's another reason to stay away from tilapia.

Tilapia doesn't really live and grow in the wild.

It's all farmed. And not even in this country!

And only 5% of tilapia is farmed in the United States.

While 95% of tilapia is farmed outside the US in countries which don't have the same fishing standards as we do.

Which is why most tilapia are farmed in extremely bad conditions.

For example, it's common for tilapia to spend their entire lives in very small bodies of water.

And since they're packed so tight, they live in their own filth.

And very often they eat their own feces.

So the farmers throw in huge amounts of antibiotics so they can survive...

Which then trickles down into our system.

So in short, avoid tilapia at all costs!

The Second Fish To Never Eat At A Restaurant Is Mackerel

Mackerel contains mercury which accumulates in the human body.

And it's very hard to get rid of.

In fact, it takes 12-18 months for mercury to leave our body!

Since the industrial revolution, more and more mercury has been polluted into the oceans.

Which then poisons the fish and enters our body when we eat fish.

And fish like mackerel are especially high in mercury.

It can have a devastating impact on your health, specifically contributing to heart disease.

Make you feel like total garbage.

Cause issues within your muscle tissues making you feel weak.

So mackerel is definitely one to stay away from.

Third, Avoid Sea Bass When You Eat Out!

Sea Bass is another fish which contains a lot of mercury...

But here's the real problem with sea bass in restaurants.

Sometimes, especially when it's served as filet...

Instead of sea bass, you get a fish called pangasius.

Which is much cheaper for restaurants to use.

And this is a real problem because most pangasius that we see in our stores is brought from Vietnam...

Specifically, from the Mekong river which is considered one of the most contaminated bodies of water in the world.

Even worse, pangasius contains an elevated level of nitrofurazone, and polyphosphates...

Also known as carcinogens.

This type of fish isn't recommended for food, at all!

And since it's so often served instead of sea bass, I highly recommend you stay away from it.

And finally...

The Fourth Fish You Should Never Order At A Restaurant Is Tuna...

We all know that tuna contains lots of mercury, which is terribly unhealthy for your heart.

Especially bluefin and blackfin tuna...

But in addition, full grown tuna is almost impossible to find...

Because wild caught tuna is almost extinct.

Almost all tuna comes from farms, where they have poor living conditions...

And the fish are fed with antibiotics and hormones.

When you eat tuna, those hormones and antibiotics end up wreaking havoc inside of your body.

Now, If you absolutely must eat tuna...

Then I highly recommend you choose is yellowfin caught in American waters

It's the healthiest kind of tuna.

And because it's from the USA, it doesn't have as much in terms of heavy metals.

SO WHAT IS THE HEART HEALTHIEST FISH YOU SHOULD EAT?



It's not salmon, anchovies, sardines or cod.

In fact, it's none of the "usual suspects" at all.

But I can tell you it's the one fish that every person worried about heart attacks needs to know about.

This weird, little fish contains more of a heart protecting super nutrient than any other fish on earth!

It was discovered during a 32,000 person study conducted by Harvard University that those with the most of this newly discovered compound in their bloodstream had the healthiest hearts.

AND the lowest risk of heart attacks!

According to the American Heart Association, every year, 790,000 Americans suffer a heart attack.

That's roughly one every 40 seconds.

And yes, out of those 790,000 heart attacks, 114,000 will be fatal.

Even worse, the majority of those heart attack deaths occur in people over the age of 65.

That's 114,000 people that will never see their grandchildren grow up...

...that will leave their wife or husband all alone.

...that will never get to do the things in retirement they'd be waiting for all those working years.

And if you have a family history of heart attacks, that's one more strike against you.

But the good news is, I'm here today to pull back the curtain and reveal everything you need to know about the Harvard study that discovered the most important nutrient to have circulating in your bloodstream, if you want to avoid a heart attack that is.

And the heart healthy fish no one seems to want you to know about which provides this nutritional miracle.

Why more people aren't screaming from the rooftops about it is beyond me.

Well, other than the fact I'm sure Big Pharma certainly doesn't want you to know about such a powerful natural solution that they can't sell to you as a drug.

But I'm here to share it with you...

...so you can go from being a ticking time bomb, worried all the time about being one of those 114,000 people that die of a heart attack each year...

...to relaxed and confident, knowing you're doing one simple thing each day that can reduce your risk of a fatal heart attack.

But first, I want to show you four additional "heart healthy" foods that you should avoid like the plague.

Again, my name is Dr. Sam Walters.

Believe it or not, I decided to share all of this potentially life saving information with you after a chance phone call with a man that lives over 2,000 miles away. He had heard about a daily ritual I teach my patients and wanted to know more about it.

The benefit of doing this one thing each day, which takes about a whole 7 seconds, was featured in a Harvard Health study, where they analyzed over 32,000 patients and found it to be the one thing people with the healthiest hearts share.





I'll tell you all about it. . .

And in a few moments, I'm also going to be telling you the **TRUTH** about a couple dangerous heart health myths you'll want to avoid.

For example:

I'm Going To Reveal To You Four Foods You Should NEVER Eat, If You Want To Avoid A Heart Attack.

❌ These foods are not the usual suspects, either. I'm not talking about sugar, gluten, or carbs.

Instead, the four foods I'll be sharing are foods normally marketed as "heart healthy".

When I reveal them, I guarantee you'll be shocked.

Also: You've Probably Been Told That Something Like Fish Oil Is GOOD For Your Heart, Right?

Well, it might be true under the right circumstances. . .

But over the next few minutes, I'm going to share three surprising reasons taking a fish oil - even krill oil - can undo all your progress toward a healthy heart, or worse.actually increase your risk of a heart attack.

Before we get into all of this though, let's go back to YOU for a moment. . .



Allow Me To Ask You A Few Important Questions, And Please, For The Sake Of Your Heart. . .

Answer Them Honestly, Ok?

- Q. Do you feel like your health is 100% where you'd like it to be?
- Q. Or do you sometimes feel it's only a matter of time until your lifestyle, or your family's medical history, catches up to you?
- Q. Do you have boundless energy to live your life to the fullest, or do you find yourself dragging. . .sleeping poorly. . . and needing a nap or caffeine to not feel exhausted by lunch?
- Q. Not to get too personal, but how's life been in the bedroom? Do you still have a sex drive that leaves you and your partner quivering in ecstasy, or are you simply too tired to even function?
- Q. Finally, how is your heart?

If it's really healthy, like mine and my patients', none of these health issues will be a concern to you.

That's how influential true heart health can be. So what do you do?

I'll tell you in a moment - it's that 7-second trick I mentioned. Use it and your body will begin to crave the foods it needs to be healthy.

But please, for your own good: do not try and change anything for now. . . .just use my 7-second trick as your own, then let your body change itself.

It can, once you supply it with what it's missing. . .

So, Let's Get Started By Introducing You To The Guy I Met About Six Months Ago, Who Inspired Me To Share My 7 Second Tip With You. .



His name? Although I have his permission to share what we discussed, to protect his privacy, let's call him Bill. . .

You know, when you've been practicing medicine to the point where you've seen thousands of patients like I have. .

. . . it's amazing how far your reputation can spread.

About six months ago, as fate would have it, I received a call at my practice here in Arizona, from a man who lived more than 2,000 miles away, down South Florida.

That man, of course, was Bill.

When he found out that my approach is different from most doctors, because I prefer to look for natural and nutrition-based solutions first. . . And when he found out part of my medical career included **consulting with the aerospace program we know as NASA**, he immediately picked up the phone.

Bill started off by telling me how when he was only a kid, he had to watch his father almost die of a heart attack at the age of 45.

He told me how his father had always been the strong, masculine type - the kind of guy who would rather sew his own stitches or pop a dislocated bone back in place, instead of running right to a doctor. . .

So on that night, Bill was frightened at what could be happening to make his father scream in agony. . .

He found out when paramedics were rolling his father into an ambulance and his mother came over, drying her tears, and explained it was a heart attack.



Bill then explained he called me because he was now 44 years old himself - a year younger than his father was during his heart attack - and he himself now had a child of his own:

His four year-old daughter.

Despite Him Wanting To Spare His Daughter From Ever Having To Watch Him Suffer A Heart Attack Or, God Forbid, Have One That Was Fatal. . .

. . . Bill's health wasn't exactly where he wanted it to be. He confessed that after years of neglect, his weight was at a point where his gut hung over his waistline.

- ⊗ His energy had hit rock bottom years ago, and just climbing the stairs in his house would often leave him out of breath.
- ⊗ His memory was rusty and he could barely focus, even on something as simple as reading a book. . .

✘ He joked that he forgot where his sex drive went, too. . . And to top it all off, his blood pressure and cholesterol numbers were through the roof. . .

I Listened For A Little While Longer, Until What Bill Said Next Forced Me To Cut Him Off:

Defending himself a little, he said. . .

"Dr. Sam, I know I've let myself go and every time I kiss my wife or play with my daughter, I really want to make sure I'm there for them 20-plus years from now, but I'm just so busy with work, parenting, volunteering, and. . ."

"ENOUGH, Bill."

Nobody who truly values their health and doesn't want to burden their loved ones is too busy to live."

On the other end of the phone, Bill went silent, so I continued. . .

"I'll get to my favorite tip in a moment, but here's what I suggest first: You just have to switch out or avoid four specific foods that are harmful to your heart. . ."

You See, Each Of These Are *Thought To Be Healthy Foods.*

But if you take a closer look, you'll realize that's not exactly true, especially for your heart.

For example:

The first item on the list is technically an oil, but I'm including it because it's used to cook a lot of foods. . .

I'M TALKING ABOUT VEGETABLE OIL.





Vegetable oils are bad for your heart because they contain dangerous levels of polyunsaturated fats that overwhelm your body, leading to inflammation and cell damage.

This contributes to everything from heart disease and Alzheimer's, to skin issues, premature aging, slower metabolism, lower energy, and so on.

Instead, I recommend something more natural and stable, like coconut oil.

Next up:

TURKEY BACON



Compared to traditional pork bacon. . .

. . . you might be surprised to learn that turkey bacon still contains similar levels of fat and sodium - two of the bad guys that put you at greater risk of heart disease.

Also, just like regular bacon, turkey bacon is still a processed meat. And that means it's loaded with nitrate and nitrites, which Harvard Health and The Mayo Clinic note can increase your risk of heart disease AND even diabetes.

And I agree.



Now, you don't have to give bacon up completely, but as with anything else. . . moderation is important.

And I recommend trying to get a bacon that's been naturally cured with sea salt, doesn't contain additives, and preferably comes from organic pork.

My Third Food To Avoid Is Pretty Straightforward:

AND THAT'S . . . MARGARINE.





Margarine is a myth, because it contains high levels of trans fats that raise your LDL - the bad form of cholesterol - and lower your HDL (the good kind).

My suggestion?

Stick with butter, but don't get the heavily processed stuff.

Try switching to grass-fed butter, which has higher amounts of hearthealthy nutrients like CLA, Omega-3 fatty acids, and vitamin k2.

The Last Food To Avoid For A Healthier Heart Is **WHOLE-GRAIN CEREALS**



Generally speaking, these cereals are not truly from whole grains. . . so they have little nutritional value to begin with.

And then they're loaded up with other additives, such as genetically modified corn starch, sugar, sodium, and TSP.

Just the sodium level alone, which is more than double the calorie amount, makes them unhealthy for your heart.

Instead, I recommend oatmeal made from steel cut oats, which contain an excellent amount of fiber, protein, and iron that are good for your body and heart.



Not only are the alternatives I mentioned BETTER for you, they TASTE better, too. . . and who wouldn't want that?

However, as good as they taste, they do not provide the most important nutrients for your heart, and that's where my 7-second tip comes in:

It's The First And Most Important Step I've Personally Discovered To Protect Your Heart And Restore Your Health. . . AND:

Even Increase It Beyond Anything You've Ever Experienced. And It Takes Just 7 Seconds In The Morning To Do.



Bill laughed on the other end of the phone when I told him that, saying,
Hey, I think even I can spare 7 seconds!"

He was right, of course. Anyone could.

And so can you, right?

"Ok, Dr. Sam, I'm intrigued. . . what's the secret?"

what did I tell him?

I Call It The Missing Omega.

Please listen carefully though:

Although the word "Omega" or "Omega-3" might be familiar to you if you've looked into protecting your heart health. . .

. . . **"The Missing Omega"** is not something you can get by grabbing a random fish oil, krill oil, or CoQ10 formula.

Krill do not produce the Missing Omega in any amount.

And since a limited amount of the Missing Omega is available at any given time, fish oil manufacturers aren't willing to sacrifice their profits for the hefty expense of including it.

Instead, you only get the two more common Omega-3's, known best by their initials: **EPA** and **DHA**.

However, the Missing Omega should be anything but optional.

**Because It's The One Omega Researchers Have Found To Be The MOST Beneficial For Reducing
The Risk Of Heart Attack And Stroke.**

It's also the specific Omega that's responsible for shutting off excess inflammation in your body, which is a root cause of everything from increased body fat and a lack of energy, to joint pain, brain fog, Alzheimer's, and many other issues.

THIS is why you need The Missing Omega.

I'll show you how to get it and what it has to do with my 7-second trick, in a moment...

But here's why it's so unique and beneficial to your heart, energy, and overall health.

For starters:

The missing omega works by influencing specific genes that regulate inflammation.

In other words:

On top of helping to keep your energy levels, metabolism, brain function, and more healthy...

It also helps protect your heart by fighting against the formation of deadly blood clots - a common cause of heart attack and stroke...

In fact, listen to this:

A recent Harvard University study analyzed the test results of over 30,000 participants.

They discovered those who had increased amounts of The Missing Omega in their system, also had better heart health than those who did not.

In a major Japanese study, The Missing Omega was found to be **TEN TIMES more effective** than EPA!

Simply put:

When You Combine The Missing Omega To Give Your Body All Three Of These Incredible Nutrients...

- ✔ You begin to unlock ALL the benefits no mediocre fish or krill oil can provide.
- ✔ Maintaining HEALTHY blood pressure becomes easier...
- ✘ Poor blood pressure can affect your energy levels and sex life. Getting all three omegas also helps you maintain your triglyceride levels.

According to the National Heart, Lung, and Blood Institute, if your triglyceride levels get too high, it can lead to metabolic syndrome. Metabolic syndrome and poor triglyceride levels then add to your risk of a heart attack, stroke, and diabetes.

- ✘ And people who have metabolic syndrome also tend to struggle with being overweight and getting rid of unwanted body fat.

Another benefit Of Having All Three Omegas On Your Side...

Getting the Missing Omega also helps to guarantee an increase in energy.

When you fuel your body's cells with this incredible third omega, you'll naturally find yourself having more energy to carry you throughout the day.

In short:

Having all three omegas not only helps you protect your heart health... It empowers you to live a life where you no longer feel

constantly hungry, tired, or trapped in a mental funk. . .

So What's The Name Of This Missing Omega, And Where Does It Come From?

Its name is **DPA** and the best source, hands down, is from wild-caught Menhaden fish.

Just in case you haven't heard of them, Menhaden are bony little fish with really oily flesh.

So while they aren't fit for dinner, they are the only type of fish considered to be the most abundant source of DPA, in the world.

✔ Plus, given the fact Menhaden mostly consume small phytoplankton, they are much less likely to pass along mercury, PCB's, or other contaminants to you through their oil. . .

Unfortunately, as more research emerges about Menhaden and the massive health improvements The Missing Omega provides, I fear it's only a matter of time until Big Pharma tries to get their grubby hands on it.

If that happens, I can only imagine how much they'll inflate the price. We'll come back to Menhaden and where you can still manage to get The Missing Omega in purified form.



First, please pay very close attention...

Because in order to fully know why *The Missing Omega is not like what's found in regular fish or krill oils*, I need to share those three shocking fish oil finds I promised to tell you about.

In **fish oil find #1** you'll hear the disturbing truth about how most fish oil is made and where the fish to make it are caught.

Fish oil find #2 will reveal the BIG problem that comes with taking a fish oil made from these fish.

And finally, in **fish oil find #3**, I'll reveal the number one reason most fish oils will never be absorbed by your body to provide you

with the benefits they promise (Hint: This is another cause of "fish burps", too.)

Allow Me To Introduce You To "Shocking Fish Oil Finding #1":



The type of fish and location most fish oil comes from. This is where things really start to get ugly.

For starters. . .

Out of all the steps used to squeeze maximum profits from every fish, extracting the oil is usually the LAST step.

By then, a lot of the oil has already started to oxidize and turn rancid, resulting in an oil that has little Omega-3 benefit and often tastes bad, smells bad, and causes fish burps.

This lack of quality checks helps explain why a recent survey conducted by the University of Antwerp, Belgium, found an alarming amount of the **154 different fish oil brands they studied were either rancid, contaminated, or BOTH**



We'll get into the BIG problem with this in "Shocking Fish Oil Finding #2".

First, you need to know the other half of the problem with how fish oil is made:

... where a lot of the fish for fish oil are being caught. To see why, let's take a short journey to the coasts of South America and China - two places where a majority of fish for fish oil are caught. First stop is South America...

Geological studies have found that the waters surrounding South America contain up to 25 times more industrial chemicals than anywhere else in the world. . .



Next Stop: China, Where Things Get Even Worse...

China has struggled with water pollution for many years now. In fact, in a recent New York Times article, one of China's own experts in the field - a biology professor from Hong Kong - was quoted, saying:

"There are [poisonous] heavy metals, mercury, and flame retardants in the fish samples we've tested."

Sadly, even if your fish oils SAYS it's "Made in the USA", it may only be a half-truth.

Here's why:

According to US Customs, as long as fish oil manufacturers put that foreign oil into capsules and bottle them here in the States, they can still claim it was made in the USA.

Just imagine what all of this means. . .

Right now, right in your own fish oil bottle, could be rancid foreign fish oil putting your health and safety at risk.

If So, Or If You're Not Sure, Then Let's Take A Look At

"Shocking Fish Oil Find #2": How Rancid, Polluted Fish Oil Can Damage Your Heart



Studies have shown a fish oil that's rancid or contaminated can do the opposite of what you'd take it for, by contributing to blood clots and clogged arteries.

It can also damage your body at the cellular level by contributing to chronic inflammation.

And finally, since a rancid fish oil will get rejected by your body and has lost a lot of its Omega-3 benefits anyway. . . AND:

Since your body cannot make those Omega-3's on its own...

... taking a rancid fish oil can lead to Omega-3 deficiency, and Omega-6 poisoning.

You see, our bodies need a ratio of 1:1 or 1:2 of omega 3 to omega 6 fatty acids...



However, thanks to all the hormones, and the grains fed to cows (cows are supposed to eat grass, not grain!)... and Big Food using excess veggie oils and other additives...

... well, here's what has happened...

I estimate most folks - including you - are walking around with an Omega 3 to 6 ratio is about 1 to 30!

That's right... 15-30 times worse than it should be and listen:



That is what caused Bill's father to suffer a heart attack.

In fact, from what I've seen during all my years as a doctor, this is what I think is causing most all heart disease!

THIS is why you absolutely must protect your heart with **The Missing Omega**.

Again, I'll be showing you how to get The Missing Omega, combined with everything you need, already purified and in exactly the right doses, so keep watching.

But To Understand Why The Missing Omega Is Superior For Your Heart Health, Compared To Mass-Produced Fish Oils Or Anything Else, The Last Thing I Want To Show You Is Fish Oil Find #3:

Why Most Fish Oils Will Never Be Absorbed By Your Body, Leaving You Lacking ALL The Omega-3's Your Heart Needs. . .



On top of already being rancid when you buy them. . .

On top of containing harmful levels of toxins and pollutants in them. . .

And on top of being incomplete, not giving you The Missing Omega. . .

There is also the fact that many fish oil manufacturers are using a cheap form of concentration that is hard for your body to absorb.

This cheap form is known as "ethyl ester".

For maximum absorption, you want to make sure your fish oil is in TRIGLYCERIDE form (also called TG).

This is the natural form of fish oil that is absorbed up to 70% more than ethyl ester.



If your fish oil is NOT in triglyceride form, your results will be minimal at best.

Why is this important?

Simple:

You want the fastest results possible, and you want to make sure you see and feel these results right off the bat, right?



Luckily... As I told you, there is one fish in particular - wild-caught Menhaden, right from our own waters - that is the most abundant source of The Missing Omega and also provides the other omegas your body needs.

This fact, combined with where they are caught and processed, make Menhaden the superior source for the energy-giving, cell-nourishing, health-protecting Omega-3's every human being needs.

instead of foreign, polluted waters... Menhaden are caught right in the federally regulated waters of the Chesapeake Bay and Atlantic Ocean.

In fact, the entire supply chain is operated within the United States, mostly by family-based businesses whose history as fishermen go back generations.

Here's How It Works:

To sustainably catch Menhaden, only a very limited amount can be caught each year.

Spotter planes are flown out over the waters to locate large schools of Menhaden.

This location gets relayed to a fleet of refrigerated fishing vessels, which then go out and carefully surround the Menhaden. The fish are then brought on board and transferred to refrigerated storage, to make sure they stay fresh.

❌ Instead of using a hodgepodge of fish parts like most fish oil producers...

❌ And instead of taking days, or weeks to reach their destination...

The freshly chilled Menhaden are kept whole, and make a quick journey to a nearby production facility where they are immediately prepared for the production process.

The Next Step Is Something A Lot Of Fish Oil Producers Either Don't Do Well, Or Not At All, Because It's Expensive And Cuts Into Profits.

It's called molecular distillation: the process of refining the oil into an ultra-pure state.

This is done by creating an extreme vacuum environment, where the Omegas-3 molecules are pulled away from any contaminants that might be present.

Having your fish oil created from wild-caught Menhaden, and molecularly distilled, offers several big benefits:

First, the oil becomes so pure that it's almost impossible to find any contaminants present.

Second, the oil becomes much more concentrated, so it takes far less oil and can be put into smaller, easy-to-swallow capsules.

Finally, because the oil is so pure and having the missing omega helps your body absorb the omega-3's more efficiently, there's NO MORE FISH BURPS!

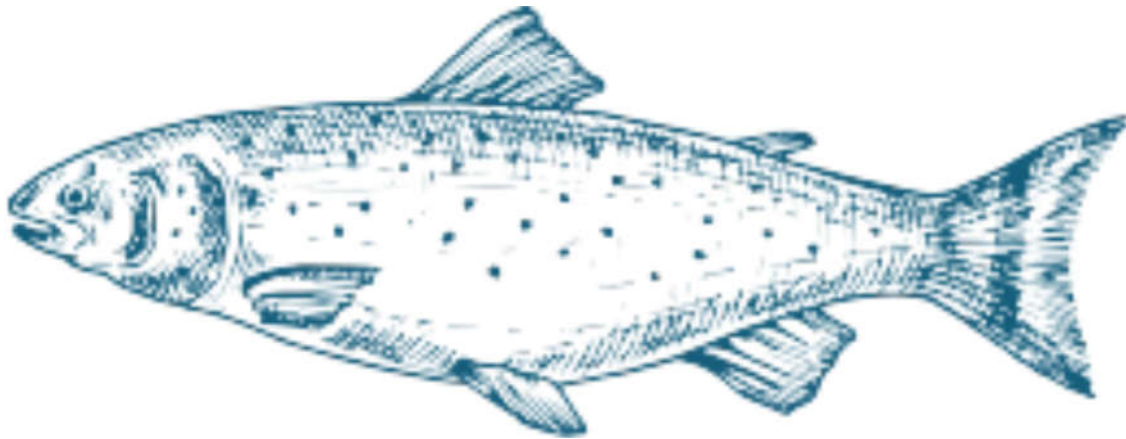
This ALONE makes a wild-caught, DPA-rich Menhaden fish oil the smarter choice.

Then When You Add In The Other Benefits We've Covered:

- ✔ Maintaining your heart health by promoting healthy blood pressure...
- ✔ Cholesterol...
- ✔ And triglyceride levels...
- ✔ Healthy sex drive and reduced risk of deadly blood clots, due to improved blood flow and circulation...
- ✔ Better mood and mental well-being...
- ✔ More energy...
- ✔ A healthier metabolism...
- ✔ And protecting your overall health by keeping inflammation in check...
- ✔ ...getting a premium fish oil with The Missing Omega is obviously a no-brainer, if you want the best results.

In fact, think about this:

As My Colleague Dr. Doug Bibus Explains:



"Menhaden offers a rich and sustainable source of EPA, DHA, and [The Missing Omega] DPA. The health savings among coronary heart disease patients over 55 alone would total over \$1.7 Billion dollars. "

"Plus, additional savings from the health benefits against other cardiovascular diseases. "

With that said, there IS one potential issue:

Due to the fact only a limited amount of Menhaden can be caught each year, it's been difficult to find a fish oil that contains DPA, especially in the right dose and purity.

At least, until now.

You See, On Top Of Being A Full-Time Practicing Physician, I Also Serve As The Lead Medical Advisor At 

And my mission for the last several months has been to:

- ✔ Work together with our team of formulators to bring you a high-grade fish oil, complete with The Missing Omega: DPA.
- ✔ Have your fish oil crafted from only whole, wild-caught Menhaden- not a hodgepodge of different fish guts- while keeping the entire process sustainable and run right here in The United States...
- ✔ And ensure every capsule you take has been molecularly distilled to the highest purity, so there's no toxins or pollutants that damage your health and cause fish burps.

Again, A Lot Of Companies Do Not Invest Enough In Getting This "Molecular Distillation" Process Right.



Fact is, it's expensive to do so.

But it's the only way to achieve the purest form of Omega-3's.

Last but not least:

We wanted to keep your new fish oil available at a price that still makes it easy to invest in (and maintain) your health.

So...did we pull it off?

Not only did we do so...

I'm happy to tell you my team and I have succeeded far beyond what even we could have imagined.

And we're proud to have created a breakthrough nutritional formula I'm sure you'll agree is the absolute best source of all three Omegas and their benefits...

....compared to your old fish oil, or any other fish or krill oil on the market.

And I don't make that statement lightly. . .

Because Even After Practicing Medicine For All These Years, I Have NEVER Seen A Fish Oil That Checks All The Boxes:

- ✔ 100% American Made
- ✔ Molecularly distilled to the highest possible purity
- ✔ Sustainably caught in clean, American waters...
- ✔ Crafted from ONLY whole, while-caught Menhaden
- ✔ And contains ALL THREE Omegas, including The Missing Omega: DPA, each in triglyceride form for maximum absorption
- ✔ Every bottle that gets made meets each one of my criteria. . .

Plus, each bottle and every capsule in it (including the oil itself) is produced right here in the United States, in a clean, FDA-approved, temperature-controlled manufacturing facility...

So What's The Name Of Your New Fish Oil? It's Called:

Physio Omega...



SECURE MY BOTTLE NOW

Physio Omega Is A **COMPLETE** Fish Oil- Including **The Missing Omega** - So You Can Fully Support Your Health And Help Protect Your Body Against The Damage Inflammation Can Cause.

Remember:

Only the Missing Omega has been proven by [Harvard Health](#) to have the greatest influence on heart health, as well as reducing inflammation, which is a root cause of everything from a sluggish metabolism and low energy...

To more serious issues like brain health, arthritis, skin disorders like eczema, increased allergies, and more...

- ✘ You will never find DPA inside a mediocre fish oil.
- ✘ And it's impossible to find in krill oil, as krill do not produce DPA in any amount.

Just So You Know I'm Not Being Biased, Take A Look At Some Of The Most Recent Feedback Your Fellow Physio Omega Users Have Sent In:



Robert W. writes:

My doctor recommended Physio Omega around 2016 and I have been using this product ever since. There isn't any fish taste because of the purity of the product. I recommend Physio Omega for anyone looking for a high quality food supplement.





Forever H. documented her progress by saying:



"I have purchased this brand three other times. This fish oil is the best I've found and I've tried a lot of brands but keep going back to this one. It keeps my numbers down which make my Dr happy. This has EPA, DHA and DPA which makes it a more complete blend of fish oil. I usually have trouble swallowing fish oil pills but this one go down smoothly. There is no fish burps or after taste."

And remember those other potential benefits of improving your mood, cravings, metabolism, and more, when you're getting The Missing Omega?



Well, Brian Cox showed us a great example of what's possible, when he wrote in to give us his update:



"Overall health has improved. I have certainly noticed a drop in my bodyweight. Also a shift in my energy...Less daily tiredness. More restful sleep..A greater stability in diet. Don't need to graze so much. Thanks!"

How Incredible is that?

It's just science, really.

Once you start taking your Physio Omega, you'll begin to see for yourself what your old fish oil had you missing out on.

And benefitting couldn't be easier:



Just take two easy-to-swallow gel capsules of Physio Omega with a glass of water, in the morning.



Then let The Missing Omega and proven science do the rest FOR you.

It doesn't get any simpler than that, and in case you're wondering,



THIS is my 7-second trick.

Also, remember:

Each bottle of your Physio Omega includes all the Omegas your body needs, including The Missing Omega: DPA.

Together, they are scientifically proven to be absorbed more efficiently, promoting all the benefits we've covered today, so it's guaranteed to work.

Stop Right There Dr. Walters. . .

Hello, this is Jim Labadie and I'm sorry to interrupt, but. . .

As you might have noticed from what Dr. Walters has been telling you, we put a lot of hard work into the formulas we create.

And as the co-founder of PhysioTru, I wanted to let you know we stand behind our promises in a way that no other company will. . .

I'll explain our world-class, money-back guarantee and tell you how to get Physio Omega at a significant discount, in a moment.

But here's why I'm so dedicated to making sure you get only the best results. . .

. . . even if that means sacrificing our own profits to develop the highest quality formulas.

My passion for doing so doesn't just come from seeing so many cheaper formulas taking over the supplement industry. . .

It also comes from **meeting countless folks who have watched someone they care about have a heart attack**, and living in fear, wondering if and when a heart attack would happen to them next.

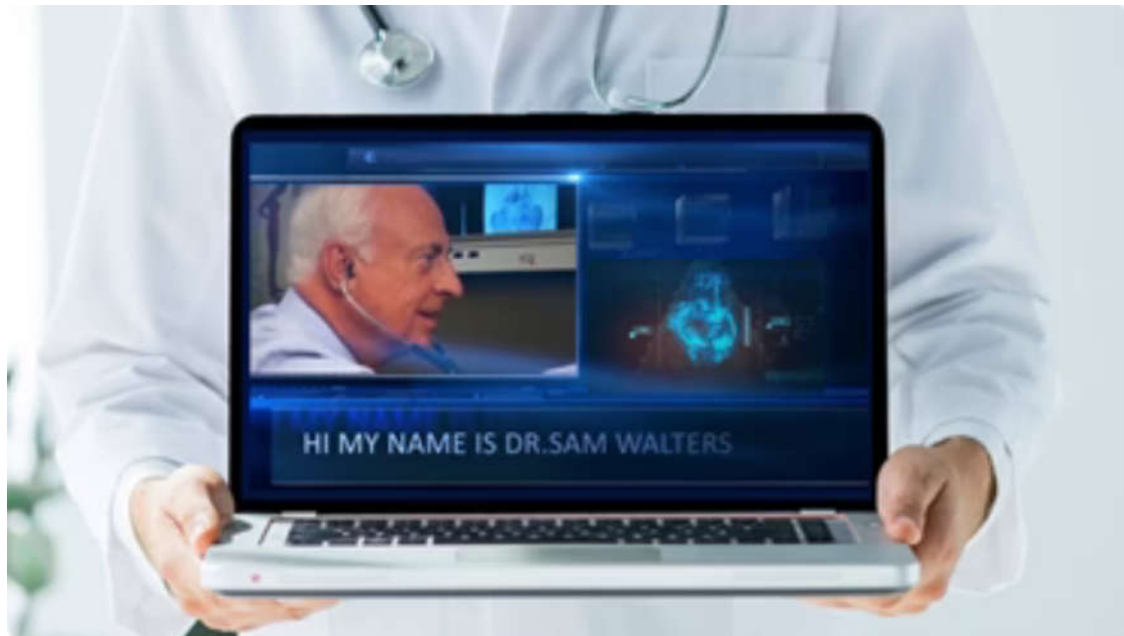


And after talking with so many other folks who felt the same way, I started PhysioTru to help others extinguish those fears by giving them a way maintain their health- especially heart health.

There were already fish and krill oils on the market, sure.

But as you've seen, trusting any old formula is a dangerous gamble when your health is on the line.

And I wasn't content with taking that risk.



That's why we recruited Dr. Walters to help us find the world's best fish oil. . .

... and why I'm confident you'll agree it's the best, too, once you try it for yourself.

I'm so confident, as Dr. Walters hinted at a moment ago, we've setup a unique money-back guarantee for you that, just like Physio Omega, is in a class of its own:



PhysioTru's Triple, Money-Back Guarantee:



The Quality- Physio Omega is guaranteed to contain The Missing Omega and everything you need, in the purest form possible, sourced ONLY from wild-caught Menhaden in the clean waters of the USA.



The Source - The entire process behind sourcing, purifying, bottling, and shipping your fish oil is guaranteed to be done 100% in the United States, from beginning to end.



Your Complete Satisfaction - PhysioTru stands behind each bottle 100%. That's why you have a full 60 days to try Physio Omega and put it to the test yourself...

If for any reason you are not 100% thrilled with results you can see, feel, and test with your doctor...

...simply contact our world-class customer support team at PhysioTru and we will promptly issue you a refund- **no questions asked, no hassles, and absolutely no hard feelings.**

You can reach out at **1-888-332-9372**, **CustomerCare@PhysioTru.com**, or by using the contact form on PhysioTru.com...

And all of this information will be on the receipt for your order of Physio Omega, and we are very easy to get a hold of.

But Rest Assured, The Only Reason You'll Want To Reach Out Is To Share Your Own Wonderful Results With Us And/Or Invest In More Physio Omega for yourself, or your friends and family.



We're proud of our formula, and we know you'll love it too!

So...

How much does a premium formula like Physio Omega cost and how do you get it at a [massive discount?](#)

Well, if you consider the cost of risking a heart attack by doing nothing...

The American Heart Association has estimated a heart attack can end up costing upwards of \$1 Million, due to lost work time, hospital stays, prescriptions and so on.

Even if you manage to get your insurance company to hold up their end, the remaining amount is still a lot for most folks to pay.

Knowing this, consider the value of a formula that contains The Missing Omega and can fully help you maintain your heart health...

- ✔ Promote improved energy levels, mood, and appetite...
- ✔ Help you manage inflammation that can otherwise wreak havoc on your body...
- ✔ And all the other scientifically-proven benefits we've covered...

How Much Would Something Like That Be Worth To You?

\$1000?

\$500?

Well, here's the good news:

Even though PhysioTru is taking all the risk with our money-back guarantee and offering you a proven way to reap the benefits of The Missing Omega...

...Physio Omega isn't going to cost you \$1,000 or even \$500.

In fact, it's not \$400, \$300, or even \$200.

Instead, the total investment to get a 30-day supply of Physio Omega today, is just **\$97.**

But you know what?

By watching this entire presentation, you've proven that you take your health as seriously as we take ours...

And we love to reward that kind of commitment...

That's why, today on this page only, we're going to slash the price of your new fish oil.

When you submit your order using the secure form at the bottom of this page, you'll be saving a **whopping 31% off the retail price.**



That's an investment of only **\$67 for your bottle,** but it gets even better:

Pick up 4 bottles of Physio Omega today- each still protected by the same money-back guarantee...

...and **save an incredible \$134** off the retail price, for an extremely limited time only.

You'll get 4 bottles of Physio Omega for the retail price of 2!

SECURE MY BOTTLE NOW

And, by placing your order, you'll be grandfathered into this exclusive price for life.

That means even if the price of Physio Omega goes up, you'll never pay retail for any of your bottles today, or any other time you decide to order more.

Just keep in mind that you must act today, in order to guarantee the lowest possible price...

That's a 66% savings, making it even easier to get all the heart and health benefits I've shown you...

Here's The "Catch" You May Be Looking For:

We can only guarantee your discounted prices until our current inventory runs out.

And that's not hype. It's simple economics.

Remember:

There's only so much Menhaden- **the best source of The Missing Omega** - that can be caught each year.



And we source our wild-caught Menhaden from a fishery that is part of the Certified Friend of the Sea program- a non-profit that helps make sure catching the Menhaden remains sustainable.

In other words, we can't catch too much at once, and that impacts how many bottles we can produce at any given time.

So after our current inventory runs out...

..obtaining everything to make a new batch of Physio Omega right away could be impossible, or cost more, forcing us to readjust our pricing for future bottles.

That's another reason we've made it easy to stock up right now with the "4 bottles for the price of 2" offer- a discount of 66% and massive savings of \$134.00 off the retail price.

Just look below this presentation right now and choose the option that's ideally suited for you.

Okay, let's recap what we've learned:

FIRST, YOU CAN'T RELY ON A FISH OIL THAT'S LACKING THE MISSING OMEGA, DPA





... is not in a triglyceride form, rancid, contains toxins, or uses deceptive product labeling.

If any of these are true about your old fish oil, it will have the OPPOSITE affect on your health by putting you at risk of blood clots and hardened arteries that lead to heart attack...

...and leave you vulnerable to inflammation, which you now know is linked to a wide range of serious, even potentially fatal, health issues.

WHICH BRINGS US TO THE NEXT RECAP:

ONLY THE MISSING OMEGA- DPA- IS KNOWN TO HAVE THE GREATEST ON THE GENES THAT HELP CONTROL INFLAMMATION.



And you will not find DPA in mediocre fish oils, or krill oil, in any amount.

THIRD, EVERY ACTION YOU TAKE WILL EITHER CONTRIBUTE TO YOUR HEALTH OR FUEL CHRONIC INFLAMMATION AND RISK OF DISEASE WITHIN YOUR BODY.





By taking your new fish oil- Physio Omega- you are making a positive step forward by maintaining your health and nourishing your cells with The Missing Omega (DPA) and other essential omegas your body needs on a daily basis.

It's of the highest purity possible.

It's also made 100% in the United States, beginning to end, and ONLY from wild-caught Menhaden in clean waters.

FINALLY, WHEN YOU SUBMIT YOUR ORDER TODAY...
YOU CAN GET 4 BOTTLES FOR THE PRICE OF TWO.



That means you'll be saving up to **66% off the retail price**, which is up to **\$134 in savings**.

And remember: you'll be grandfathered into this discounted price, so you can order more Physio Omega whenever you

wish...without ever paying retail.

Plus, every bottle you order today and in the future will always be protected by our 60-day, money-back guarantee.

We want you to enjoy treating yourself to your new fish oil, knowing you're getting the highest quality and best deal...with zero risk whatsoever.

So, provided Physio Omega is still in stock. . .

...you should see a secure order form at the bottom of this page with three money-saving options for you to choose from.



❌ If you don't see a form below, I'm sorry, but that means we've **temporarily run out.**

✅ If you DO see the form though, then are still enough bottles in stock to guarantee the current pricing.

And now that you're ready to try Physio Omega for yourself, after you've filled out that form, your new fish oil will be on its way.

Here's Exactly How To Get Your Own Risk-Free, Discounted Supply Of Physio Omega Sent Straight To Your Door:

1. Scroll down below to view the safe and secure order form at the bottom of this page.
2. Choose the best money-saving option that works for you...
3. Enter your billing address and best e-mail to receive your order confirmation number and receipt.
4. Then enter your payment details, and click on the big button located under "Order Total" to submit your order, and we will immediately process your order and get it to you as fast as possible.

Your Order Is 100% Secure, Guaranteed

PhysioTru has partnered with Visa, American Express, Discover, and MasterCard to process payments.



We also use the same 256-bit encrypted security that's the goldstandard for online payments, so your information is completely protected.

To make extra sure, you'll need to enter the CVC security code on your card as well.

If you're using a Visa, Mastercard, or Discover card...this will be a 3- digit code on the back of your card.



If you're using an American Express card, it will be the 4-digit code on the front of your card, located above your card number.



Once you've finished entering your shipping and payment details, including CVC security code, **simply click the big, bright button** to reserve your discounted bottles of Physio Omega.

You'll also receive a receipt within minutes, which includes all of PhysioTru's contact information in case you have any questions or need to return your order.

However, please remember:

Due to demand and the ever-changing prices of the premium ingredients PhysioTru uses, we can only guarantee today's discounted prices until the current inventory runs out.

So be sure to secure your order today while there are still enough bottles available...



All you have to do is give Physio Omega an honest try, which you have a full 60 days to do, and if you're not satisfied for ANY reason whatsoever...

...simply contact our world-class customer support team using the information that will be on your receipt, and we will promptly issue you a refund- no questions asked, no hassles, and absolutely no hard feelings.

Deal?

**You now have a very important decision to make...
You're at a fork in the road, with two potential outcomes:**

OPTION 1.

One path leads down a road of uncertainty...

Maybe you're worried a heart attack is going to send you to an early grave, and want a simple way to protect your heart health...

Maybe you feel like you're merely existing instead of living, and want to take back control of your body and live a healthier, more fulfilling lifestyle...

Maybe you're like so many folks I've met with...

...worried poor health will lead to missing out on all the amazing events you have yet to experience- no longer able to be present for holidays or your kids' or grandkids' big moments.

But luckily, there's that other path:

The path you already know is the better choice...

One where you have peace of mind, knowing you're supplying your body with The Missing Omega and other essential omegas you need to maintain a healthy heart...

- ✔ Support your blood pressure, cholesterol, and triglyceride levels...
- ✔ Have more energy and vitality. . .
- ✔ Better mood and mental well-being. . .
- ✔ Healthy blood flow and sex drive...
- ✔ Maintaining a healthy metabolism. . .
- ✔ Protection against heart attacks. . .
- ✔ Less cravings. . .
- ✔ And protecting your overall health by keeping inflammation in check...

Why miss out on all of this when there's no risk to try it for yourself?

You deserve to experience this for yourself.

But Only YOU Can Make That Decision



Do so now by claiming your **RISK-FREE** supply of Physio Omega.

We've made it easy to stock up right now with the "**4 bottles for the price of 2**" offer- a [discount of 66%](#) and massive [savings of \\$134.00](#) off the retail price.

Ordering today grandfathers you into this exclusive, discounted price...for whenever you want to order more Physio Omega without paying retail.

And if you don't agree Physio Omega lives up to its reputation- or if you're not happy for any reason- you pay nothing...period.

Fair enough?

Treat Yourself To A Risk-Free Supply Of Physio Omega

+ Free Shipping Now!

1. Scroll down below to view the safe and secure order form at the bottom of this page.
2. Choose the best money-saving option that works for you...
3. Enter your billing address and best e-mail to receive your order confirmation number and receipt.
4. Then enter your payment details, and click on the big button located under "Order Total" to submit your order, and we will immediately process your order and get it to you as fast as possible.

Thanks For Reading, And Welcome Aboard!



[SECURE MY BOTTLE NOW](#)

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