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### **Life Science Nutritionals Launches Adult Essentials Gummies with MEG-3® Omega-3 EPA/DHA**

DARTMOUTH, NS (Ocean Nutrition Canada) – Ocean Nutrition Canada Limited (ONC), the world’s largest Omega-3 EPA/DHA solutions provider and supplier of MEG-3® brand Omega-3 EPA/DHA ingredients is pleased to announce the launch of Adult Essentials Gummies Omega-3 and Enhanced Multivitamin, both with Omega-3 EPA/DHA. These two new Omega-3-containing adult gummies are a part of Life Science Nutritionals’ new line of all natural gummy vitamins formulated for adults – the first of its kind in Canada.

Every 10 g serving (four gummies) of all natural Adult Essentials Omega-3 gummies provides 100mg Omega-3 EPA/DHA, has no artificial sweeteners or colours, and contains nine essential vitamins. The enhanced multivitamin is the first to be enriched with fish oil and is approved by Health Canada. These new products make it convenient to increase your Omega-3 intakes and help to achieve the Dieticians of Canada recommendation of 500 mg of long-chain polyunsaturated fatty acids (PUFAs) a day (EPA/DHA) for the general population.

With more than 20,000 scientific studies supporting the health benefits of Omega-3s, consumer awareness and interest around the importance of Omega-3 is broadening. Founder and CEO of Life Science Nutritionals Stuart Lowther says that ONC’s MEG-3® ingredient was chosen because it is a trusted source of EPA/DHA. “We are proud to offer a family-first approach to business and with this new line of gummies, we’re giving families a great tasting vitamin from a trusted company, using a trusted ingredient,” says Lowther. “At Life Science Nutritionals, we believe that nutritional supplements and natural health products should be viewed as a compliment to an active and healthy lifestyle.”

“While awareness about the importance of Omega-3 EPA/DHA at all life stages continues to grow, Canadians are still not consuming adequate amounts,” says Jon Getzinger, Chief Sales and Marketing Officer of Ocean Nutrition Canada. “Incorporating EPA/DHA into a multivitamin is a progressive step by Life Science Nutritionals, and we’re proud to be a part of this innovative product.” Adult Essentials Gummies are available at drugstores and supermarkets nation-wide.

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**About Life Science Nutritionals (LSN):**

Headquartered in Burlington Ontario, LSN is a 'family first' company that prides itself on creating trustworthy nutritional products. LSN is dedicated to continually researching and investigating new science-based applications for nutritional and functional foods that can be applied to improve the health and quality of life. Life Science Nutritionals current focus is in children and adult nutritional needs along with on-going projects in the areas of sports nutrition, weight loss, bone, joint and cardiovascular health.

To learn more please visit: [www.lifescinutritionals.com](http://www.lifescinutritionals.com)

#### **About Ocean Nutrition Canada Limited (ONC):**

Ocean Nutrition Canada (ONC) is a privately held company, whose major shareholder is Clearwater Fine Foods Incorporated. Clearwater Fine Foods Incorporated is a diversified holding/investment company whose significant holdings include a controlling interest in Clearwater Seafood's Limited Partnership, the world's largest integrated shellfish harvester and processor.

ONC is the world's largest supplier of Omega-3 EPA and DHA ingredients from fish oil, marketed into the dietary supplement and food manufacturing markets. To date MEG-3<sup>®</sup> ingredients have been included in over 100 billion servings of food and supplement products worldwide. For more information about ONC visit [www.ocean-nutrition.com](http://www.ocean-nutrition.com), and for information on the health benefits of MEG-3<sup>®</sup> ingredients please visit [www.meg-3.com](http://www.meg-3.com)

#### **About Omega-3:**

Omega-3 is a family of essential fatty acids, including EPA (eicosapentaenoic acid), DHA (docosahexaenoic acid), and ALA (alpha-linolenic acid). Oily fish (such as sardines, anchovies, mackerel, and salmon) are the major known natural sources of Omega-3 EPA/DHA. ALA is found in plants, such as flax and chia. It is important to note that the majority of health benefits associated with Omega-3 have been attributed to EPA and DHA, not plant-based ALA. While the body can convert ALA into EPA/DHA, it does so very inefficiently (less than one percent), leading many nutrition experts to recommend that consumers increase their EPA and DHA levels by consuming EPA and DHA directly (rather than from plant-sourced ALA). Although Omega-3 EPA/DHA is important to overall good health, the human body is not able to produce sufficient quantities on its own, so supplementation is required, either by eating oily fish or foods fortified with Omega-3 EPA/DHA, or by taking fish oil supplements.