



Multi Oil Healthy Aging Complex

Supports Immunity • Heart • Brain • Joints • Eyes • Energy

Lester's Oil is a new generation Omega-3, vitamin and antioxidant complex, formulated to greatly simplify your daily wellness regime and address common problems and risks associated with the aging process.

Each capsule of Lester's Oil provides twice the Omega-3 of standard fish oil supplements, with the added benefits of Vitamin D, Co-Enzyme Q10, Lutein, Zeaxanthin and Astaxanthin.

Lester's Oil is effectively six supplements all rolled into one!

The ingredients in Lester's Oil

Omega-3/Fish Oil — the benefits of Omega-3 fatty acids, namely docosahexaenoic (DHA) and eicosapentaenoic (EPA) acids, include visual, nervous system and brain functions, mood balance, cardiovascular health and joint mobility. Taking two capsules of Lester's Oil daily provides the same benefits of four ordinary fish oil capsules and approximately 1g of Omega-3 fatty acids - the amount research suggests is sufficient to provide significant health benefits for humans.

Vitamin D — vitamin D3 is one of the key ingredients in Lester's Oil. Vitamin D deficiency is associated with limited sun exposure, and recent campaigns encouraging people to avoid the sun may have exacerbated this. Vitamin D supports our natural immune system responses; heart, prostate, breast and colon health, blood sugar balance, and works with calcium to support bone health.

Co-Enzyme Q10 (Co-Q10) — is a vitamin-like substance and powerful antioxidant found primarily in the mitochondria of our cells. It is especially concentrated in our heart, liver and kidneys. Mitochondria are known the cellular 'power houses', where energy is generated to enable cells to carry out their specific functions. Many people who use Co-Q10 report improved energy levels; especially people on statin medications (drugs to lower cholesterol), and certain blood pressure lowering drugs as one of the known side effects of these medications is a reduction in our bodies Co-Q10 levels. Our body's ability to create enough Co-Q10 also decreases as we age.

Zeaxanthin and Lutein — these nutrients are both carotenoids; coloured pigments (usually red, orange or yellow) that are synthesised by plants and have powerful antioxidant properties. Zeaxanthin and lutein are also found in concentrated amounts in the retina of our eyes, and many studies have concluded that diets rich in these nutrients are associated with improved eye health - in particular the problems associated with aging.

Astaxanthin — this is another carotenoid with several unique health enhancing properties. Astaxanthin naturally supports eye health and joint mobility, as well as cardiovascular and neurological health. The astaxanthin used in Lester's oil is New Zealand based and originates in freshwater plants.

The story behind Lester's Oil

"My father Lester passed away in 2009 after a short illness. I wondered at the time if there was something I could have done to help make a difference, prior to his illness. With this in mind About Health began researching a multi-ingredient, multi-benefit product specifically formulated to help address the common problems and risks associated with the aging process. Lester's Oil is the result of this work, and while there are no guarantees in life, I firmly believe that certain supplements can help our chances of leading a long and healthy life."

Daniel King MSc, Founder of About Health.

Each soft gel contains:

Purified fish oil esters containing essential fatty acids DHA and EPA	850mg
DHA (docosahexaenoic acid)	>170mg
EPA (eicosapentaenoic acid)	>255mg
Total Omega-3 fatty acids	>500mg
Co-Enzyme Q10	50mg
Natural Astaxanthin	500mcg
Natural Lutein	3mg
Natural Zeaxanthin	0.82mg
Vitamin D3	500IU
Natural mixed tocopherols Vitamin E with ascorbyl palmitate	1mg

Directions: Adults take two soft gels daily, or as professionally advised.

Precautions: Do not take with strong blood thinning medication, unless under the close supervision of your doctor. Fine to use with low dose aspirin. Check with a health professional before taking if pregnant or breast feeding. Do not take if you have a known sensitivity to any of the ingredients. Always read the label and use as directed. If symptoms persist see your healthcare professional.

Soft gel: Gelatin & glycerine soft gel, beeswax and natural annatto.

Store under 25°C, preferably in the refrigerator and away from sunlight.