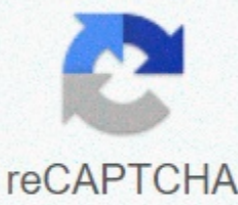




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As we get older time it takes a toll on our joints, and we end up with a joint point. Also, it is perhaps a little more difficult to get up from your favorite chair and everyday tasks similar. You may feel like you need to start when you get out of bed in the morning. That staircase you used, it's going to take a little time to wake up. Whatever the reason, whether it's age or maybe the remnants of old injuries, pain, joint health and inflammation, it's no joke. Unlike the engine of the car, we can not just open the hood, lubricate the engine and go again. So, what can we do? I dare say we've all heard about the benefits of Omega 3 supplements. These are essential fatty acids obtained from foods, especially fish such as salmon and tuna, which help with pain relief. There are many supplements available on the market that can increase omega 3 intake. One such supplement is Omega XL. It boasts that it gets its oils from Green Lipped Mussels originating in New Zealand. Want to learn more about how this dietary supplement can help with joint pain and other problems? Read on. Read also: Best selling supplements for joint pain reviewed This is one of several health supplements provided by a company called Great HealthWorks in New Zealand. The company was founded in 2003 to create natural ingredients, and an effective Omega XL supplement that could help reduce inflammation. Fish oil contains useful ingredients such as vitamin E and olive oil. Founders Ken Meares and Miles Dupréé, started with this idea and OmegaXL supplements were the result. The product paid for celebrity endorsements from Larry King and Blair Underwood among others. The supplement contains Omega 3 fatty acids. It promises to reduce joint pain, inflammation and help with pain relief. The marketing company places great emphasis on the source of its essential fatty acids, including Omega 3, green lipped mussels. They identify them as coming from the pristine waters of New Zealand, which are recognized as some of the cleanest waters on earth. This combination of omega-3 fatty acids is patented as Perna Canaliculus PCSO-524. So is there anything in this company's gel capsules that differs from the many other fish oil supplements available on the market? Let's take a look. The ingredients listed are a little vague for this product. They do not specify the amount of individual ingredients. They contain: Green lipped musculase extract (Perna Canaliculus PCSO-524) contains 92 fatty acids such as EPA and DHA, and has been shown to be beneficial in reducing pain and inflammation. If you are allergic to seafood, this is not a problem. All proteins from green lip mussels have been removed so you can use this supplement. To be safe, be sure to consult your doctor. Olive oil Olive oil has been shown to be anti-inflammatory and mitigation. Vitamin E Vitamin E is an antioxidant that can help strengthen our immune system and can help with pain relief. Capsules do not contain shellfish proteins, artificial ingredients, milk, yeast, corn and gluten. Joint pain can be caused by various things. It can be as a result of injury, new or old. It can also be caused by inflammation associated with osteoarthritis or rheumatoid arthritis. There have been many studies conducted regarding the effect of Omega 3 on joint pain. In one study, 60 percent of people found that taking a fish oil supplement reduced pain. Omega-3 fatty acids are a family of important fats that we need to get out of our diet. The three main types are ALA, EPA and DHA. Green seashashworm oil contains two of them, EPA (eicosapentaenic acid) and DHA (docosahexaene acid). DHA is a key structural component of the brain, the retina of the eyes and many important parts of the body. EPA protects our genes and cell cycle. EPA throughout adult life can help prevent a number of chronic diseases. Neither of these fatty acids naturally occurs in the body and therefore must be obtained from foods or supplements. Omega XL claims to contain up to 22 more fatty acids, including regular fish oils. It promises to relieve pain and inflammation. Science seems to support these claims. There are many studies that show the effectiveness of Omega-3 fatty acids in reducing inflammation and helping with joint health. They can also help lower blood pressure and reduce the risk of heart disease. See The Best Alternatives There does not seem to be any side effects. As mentioned all proteins from green lip shells have been removed so even people with shellfish allergies could take these supplements. It is recommended that you speak with your doctor before taking Omega XL, especially if you are taking other medications. Let's take a look at some customer reviews. Customer reviews for this product are mixed. Of the 323 reviews Amazon.com, 53 percent were above average and 47 percent were average or lower. The company is registered with the Better Business Bureau and has an A+ rating. This is despite the fact that there are 113 registered and resolved complaints and 7 negative reviews. There are no positive reviews registered. From positive reviews, people report that this product helped relieve pain in different joints. Sue Q writes: I've been having 4 capsules of fish oil a day for about a year. It works wonders for my arthritic knees and joint pain. For example, I ran out last Friday and didn't receive the shipment until today, Tuesday. My knees are so stiff and sore. He'll never let me get away again! There are skeptics out there who believed it wouldn't work, but were pleasantly surprised. Gary Z reports: I was a little skeptical about how effective it would work because I had sharp pain and inflammation in my and as a result of using the first bottle almost all the pain is gone. Then we came to customers who weren't so happy. Some people report that the product does not work at all. Others consider it too expensive. Karen Lapole writes: I haven't noticed any results at all in the 3 weeks I get it and it's very expensive. This company has an autoship program that we will explain in more detail at the moment. There are many disgruntled customers who have found that canceling this almost impossible. There seems to be a strong push for more sales from the company when people call to cancel. Karin P writes: I decided to give Omega XL a try about 9 months ago. I can not say for sure whether it helped or not, but now canceled because of their terrible sales tactics. I couldn't afford a monthly car shipment and tried to cancel several times just to convince myself of a special offer that turned out to be a total of ****. They should have withheld the shipments and not charged my card until it resumed next spring, but the bottles still come, as do the fees on my credit card. This product is available for purchase on the Great HealthWorks website. The cost of the first purchase is: 2 bottles of 60 soft gel capsules: \$49.95. This is an offer buy one for free. Postage and packing costs \$9.95. Continuing purchases are priced at: 1 bottle of 60 Soft Gel tablets: \$62.40. Postage and packing is \$9.95. The introductory offer depends on the registration for automatic submission. Every month, the company sends one bottle of 60 tablets. You agree that you may charge the same credit card that you use when registering for each future shipment. You can cancel at any time to contact your customer care department. The company offers a money back guarantee (less postage and packing) within 90 days of the first purchase. No refunds will be refunded after the 90-day period. Repeated automatic shipments after the 90-day trial period from the start date of the order are not entitled to this money back guarantee. See below what the official site looks like. It contains Omega 3 fish oils, which have been shown to help with joint pain and inflammation. The source of omega-3 olive oil, green lipped mussels from New Zealand, can be free of pollutants. He doesn't like fish. They can be taken by people with fish allergies. Soft gel capsules can be easier to swallow than fish oil capsules. 90 day money back guarantee for first order. It can be a stronger source of Omega-3 than other fish oils because it is derived from the green lips of mussels. Seek medical advice if you are unsure about your diet requirements. The exact amount of ingredients is unknown. It can be more expensive than other fish oil supplements. It can be difficult to cancel a car shipment that you have to agree to. No specific clinical trials are published on the company's website their product is working. Lack of detailed information on the website on how the product works. There are many Omega 3 supplements on the market. Many studies have shown that it can help reduce pain and inflammation. Omega XL is one such supplement. The price point may be higher than others on the market. Also, you have no choice if you want to take advantage of their reduced first purchase offer, but agree to the car boat program. It seems that it can then be difficult to cancel. There seem to be many people who benefit from taking this product. Likewise, there are others who feel that the product does not work. If you like fish, then you can decide that eating healthy salmon or tuna twice a week would be a better way to source Omega 3. If you are allergic to fish or do not like taking larger fish oil capsules then the cost of this supplement may be worth it. You may also want to know where your Omega 3 comes from. This supplement appears to come from an area that is free of pollutants. And after all, if Larry King is to be believed, he can now bend over and put his socks on in the morning without feeling the pain! We laid out the facts, will you buy Omega XL? Comment below and tell us what you think! Recommended Joint Pain Supplements Health Read Next: Osteo Bi-Flex Review 2020: Does It Really Work? The report of this adRobyn has been featured on NPR and Empire Internet Radio and also in SELF, Fitness Magazine, Women's Health, Women's Fitness, and Men's Fitness Magazine. She is a member of the Academy of Nutrition and Dietetics and Dietitians in the Integrative and Functional Medicine Practice Group. She now works full time as a nurse doctor in Manhattan in addition to working with clients here, at Nutshell Nutrition. Nutrition.