



## EPA/DHA™

Serving Size 1 softgel capsule  
Servings Per Container 90

	Amount Per Serving
Calories	10
Calories from Fat	10
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	5 mg
Fish oil	1000 mg
Eicosapentaenoic Acid	180 mg
Docosahexaenoic Acid	120 mg

**SUGGESTED DOSE:** As a dietary supplement, take 1-2 capsules three times per day, or as directed by your healthcare professional.

### REFERENCES:

1. Monograph: Fish Oil. *Alternative Med Rev.* 2000; 6(6): 576- 580.
2. Nikkila M. Influence of fish oil on blood lipids in coronary artery disease. *Eur J Clin Nutr.* 1991; Apr;45(4):209-213.
3. Fish oil protects against colon cancer. *Amer J of Physiology-Cell Physiology.* 2001; 280(5): C1066-C1075.
4. Dietary fatty acids effect on cardiovascular syndrome. *J of Nutr Biochem.* 2001; 12(4): 207-212.
5. Singer, P. Influence on serum lipids, lipoproteins and blood pressure of mackerel and herring diet in patients with type 4 and 5 hyperlipidemia. *Athero.* 1985; 56(1):111-118.

## EPA/DHA™

A NATURAL SOURCE OF OMEGA-3 FATTY ACIDS, EICOSAPENTAENOIC ACID (EPA) AND DOCOSAHEXAENOIC ACID (DHA) FROM COLD WATER FISH

- Lowers serum triglycerides
- Promotes healthy cardiovascular function
- Aids in healthy heart function
- Encourages normal insulin action
- Inhibits platelet aggregation and promotes improved circulation
- Promotes healthy glucose metabolism
- Nutritionally supports normal brain development and cognitive function
- Low levels of EPA/DHA may be predictive of impulsive behavior
- Important nutritional factor for normal neurodevelopment, visual acuity and behavior
- Fish oils have been shown to nutritionally reduce production of messenger molecules

**FISH OILS** and their omega 3 fatty acids, eicosapentaenoic and docosahexaenoic acid (EPA/DHA), have been shown to have remarkable health promoting properties. EPA and DHA are so important that if deficiencies occur during pregnancy fetal neurodevelopment can be affected adversely. After a child's birth, omega 3 fatty acids remain important in postnatal neurodevelopment.

Fish oils have benefits on the cardiovascular system, such as reduction of platelet aggregation, thus reducing the risk of cardiovascular events. Through their triglyceride lowering effect, they assist in the maintenance of a healthy endothelial vascular lining and a reduction of heart dysfunction. While saturated fats have been shown to worsen coronary arrhythmias, omega 3 fish oil has been shown to promote healthy heart rhythm.

Studies have indicated that omega 6 fatty acids can act as stimulators of the development and progression of abnormal cell growth. Omega 3 fatty acids



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### REFERENCES:

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7. Curtis CL, Hughes CE, Flannery CR, et al. n-3 Fatty acids specifically modulate catabolic factors involved in articular cartilage degradation. *J Biol Chem.* 2000;275:721-724.
8. McManus RM, Jumpson J, Finegood DT, et al. A comparison of the effects of n-3 fatty acids from linseed oil and fish oil in well-controlled type II diabetes. *Diabetes Care.* 1996;9:463-467.
9. Stoll AL, Severus WE, Freeman MP, et al. Omega 3 fatty acids in bipolar disorder. *Arch Gen Psychiatry.* 1999; 56:407-412.
10. McLennan PL, Abeywardena MY, Charnock JS. Dietary fish oil prevents ventricular fibrillation following coronary artery occlusion and reperfusion. *Am Heart J.* 1988;116:709-717.
11. Galli V, Sarchielli P, Trequattrini A, et al. Cytokine secretion and eicosanoid production in the peripheral blood mononuclear cells of MS patients undergoing dietary supplementation with n-3 polyunsaturated fatty acids. *J Neuroimmunol.* 1995;56:143-153.
12. Holman RT. The slow discovery of the importance of omega 3 essential fatty acids in human health. *J Nutr.* 1998;128:427S-433S.
13. Wainwright P. Nutritional and behaviour: the role of n-3 fatty acids in cognitive function. *Br J Nutr.* 2000;83:337-339.
14. Lai PB, Ross JA, Fearon KC, et al. Cell cycle arrest and induction of apoptosis in pancreatic cancer cells exposed to eicosapentaenoic acid in vitro. *Br J Cancer.* 1996;74:1375-1383.

however, have been shown to inhibit these same processes. EPA appears to inhibit cell proliferation, while DHA appears to enhance abnormal cell apoptosis (programmed cell death). Currently the most favorable ratio of omega 3 fatty to omega 6 fatty acids in the diet is 1.8 – 1.9/1.0. Consume about twice the amount of omega 3 fatty acids to omega 6 fatty acids.

The human brain concentrates arachidonic fatty acids (AA) and DHA rapidly during the third trimester and early postnatal period during times of rapid brain growth. Deficiencies of DHA negatively impact visual acuity, neurodevelopment, and behavior. Impulsive behavior has been linked to low levels of omega 3 fatty acids, as well as the severity of depression.

The effect of fish oil on lipids should be evaluated in diabetics. Animal studies have shown that fish oil enhances insulin production, activity, receptor responsiveness and glucose uptake. Fish oil enhances blood sugar regulation.

Through its anti-inflammatory effects, fish oil has been shown to be beneficial in the treatment of inflammatory disorders.

Fish and fish oil products can be a source of toxins such as mercury, dioxin, PCBs, etc. Good manufacturing standards are essential for safety.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.