



Omega-3

Omega-3 Fatty Acids

Product No. 7117

Ingredients: Each 3 enteric coated softgels provide 3,000 mg. of EPA 540 mg.,

DHA 360 mg.

Size: 60

Omega 3 is a unique blend of fish oils, which is rich in the omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). These are very important to the body for cell and organ respiration, and add resiliency and lubrication to the tissues. EPA and DHA fight joint damaging enzymes called collagenases and reduce inflammation, factors believed to play a role in arthritis as well as other aches and pains. As a result, fish oil is a great supplement for reducing joint and tendon pain and preventing wear and tear.

Studies have shown normalization of blood lipids (fats) in hyper-lipidemic individuals when supplemented with Omega-3 fatty acids. Decreases in harmful LDL cholesterol, and reduction, of triglyceride levels have been demonstrated. Omega-3 fatty acids have the uncanny ability to break down cholesterol in the lining of blood vessels, as well as serving as a solvent for saturated fats in the diet. The end result is less cholesterol in the body and blood streams, and a reduced likelihood of cholesterol and heart disease complications in the future.

The FDA now permits the following statements to be printed on the label of fish oil supplements: "Supportive, but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease."

Chronic brain inflammation has been found to be associated with post-traumatic stress disorder and postpartum depression. It may be that omega-3 oils improve major depression, as well as a number of other neuro-psychiatric disorders, by reducing brain inflammation.

While both EPA and DHA have been associated with improvements in major depression, only DHA stimulates neurite outgrowth and synaptic development and repair, that is, brain plasticity. Therefore, it may be a better choice in methods to repair the brain damage of chronic depression.

Other benefits of Omega 3:

- Reduces lipid blood levels and plaque formation
- Thins the blood and reduces platelet aggregation
- Reduces symptoms of rheumatoid arthritis
- Promote peak joint and muscle performance

60 Capsules

Supplement Facts	
Serving size: 1 Softgel Capsule	
Amount Per Serving	% DV
Calories	10
Calories from Fat	10
Total Fat	1 g 2%*
Cholesterol	5 mg 2%
Fish Oil	1000 mg (1 g) **
provides 3000 mg of Total Omega-3 Fatty Acids† comprising of:	
EPA (Eicosapentaenoic Acid)	**
DHA (Docosahexaenoic Acid)	**
Other Ingredients: Gelatin, Vegetable Glycerin, Food Glaze. Contains <2% of: Enteric Coating (Sodium Alginate and Stearic Acid), Ethylcellulose, Mixed Natural Tocopherols, Polyisobutylate 60.	
Shell Ingredients: Gelatin, Vegetable Glycerin, Purified Water. (Total = 405 mg)	
ALLERGEN INFORMATION: Contains fish (anchovy, mackerel, sardine) ingredients.	
† As Natural Triglycerides	
*Percent Daily Values are based on a 2,000 calorie diet	
**Daily value not established	

