

Fish Oil



ALEXANDER SPINE / CENTER

DESCRIPTION

These enteric-coated softgels supply significant amounts of essential omega-3 fatty acids, derived from marine lipid concentrate. Processed by molecular distillation, this fish oil supplement is an excellent source of fatty acids, providing 660 mg of eicosapentaenoic acid (EPA) and 340 mg docosahexaenoic acid (DHA) per serving.

FUNCTIONS

The omega-3 fatty acid EPA is the direct precursor for the prostaglandins E1 and E3, whereas DHA is of primary importance for the structural integrity of neuronal membranes. DHA is essential for brain and visual development and is vital throughout pregnancy to support fetal brain growth and formation of the retina and visual cortex. † As the most abundant fatty acid in the brain, adequate amounts of DHA are needed throughout infancy and adulthood for ongoing optimal function. Low levels of DHA may adversely influence behavior and mental performance, and have been correlated with changes in disposition, memory, and vision and other neurological conditions. †

Studies have shown that DHA, along with EPA may play an important role in cardiovascular health. One landmark study, the GISSI-Prevenzione Trial, involved over 11,000 people. This was the first large scale trial that showed supplementation of essential fatty acids supporting cardiovascular health. † The exact reasons for such dramatic benefits with respect to heart health remains unknown, but may be related in part to the ability of fish oil to support healthy physiological processes. † Some researchers believe that the body's response to certain factors, along with a fatty diet, can lead to metabolic risk factors. Studies indicate that EPA and DHA can act as precursors for the prostaglandins E1 and E3, and decrease the formation of prostaglandin E2 and thromboxane A2. Omega-3 fatty acids may be able to modify sodium channels by binding to the channel proteins. This could then help support healthy heart rhythms. †

Additionally, Opti-EPA™ is enteric-coated, significantly reducing the "fishy" taste sometimes associated with marine lipid supplements.

INDICATIONS

Opti-EPA™ enteric-coated softgels may be a useful dietary adjunct for individuals wishing to supplement their diets with the essential fatty acids DHA and EPA.

FORMULA

Two Softgels Contain:

Calories	16
Calories from Fat.....	16
Total Fat	1.8 g
EPA (Eicosapentaenoic acid).....	660 mg
DHA (Docosahexaenoic acid).....	340 mg

Other ingredients: Ultra refined fish oil concentrate (from anchovy and mackerel), gelatin (capsule), glycerin, water, rosemary extract, ascorbyl palmitate, mixed tocopherols, ethylcellulose, coconut oil, ammonium hydroxide, sodium alginate and stearic acid

SUGGESTED USE

Adults take two softgels daily with meals or as directed by physician.

SIDE EFFECTS

No adverse side effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

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† 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.