

OrthΩmega

Product #440

Supplement Facts

Serving Size: 1 Soft Gel Capsule
Servings Per Container: 60

	Amount Per Serving	% Daily Value
1 soft gel capsule contains		
EPA	420 mg	*
DHA	300 mg	*

* % Daily Value not established

DOSE FORM:

Soft Gel Capsule

INGREDIENTS:

Purified Marine Triglyceride Concentrate, Vitamin E Mixed Tocopherols, Gelatin, Glycerin and Purified Water.

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. The information provided here is intended to help health care professionals make informed decisions about recommending this product safely and effectively.

PRODUCT RATIONALE:

Long chain omega-3 fatty acids are important components of membranes within organs and tissues. Supplementation with omega-3 fatty acids is well established as a way to improve cardiovascular health as well as a number of other functions within the body.

INGREDIENT INFORMATION:

Omega 3 Fatty Acids:

- Essential fatty acids found in certain seeds, vegetables, and fish¹.
- The conversion of LNA to EPA and DHA is blocked or slowed in many humans, supplementation of EPA and DHA is more efficient¹.

Cardiovascular benefits:

- Study evaluating fish consumption and the risk of CHD in men, found the risk of coronary heart disease is reduced as much as 50% in men who consume 30 grams of fish per day³.
- 11,000 patients surviving a recent myocardial infarction were randomly given 1g/day omega 3 fatty acids, 300mg of vitamin E, both or placebo. The group receiving omega 3 fatty acids had a significantly reduced rate of cardiovascular mortality as early as 3 and 4 months. Dramatic reduction rates in sudden deaths were achieved after 9 months⁴.
- Long chain fatty n-3 acids from fish have been shown to be beneficial in lowering triglycerides¹. A meta-analysis of 65 reports showed triglyceride levels were reduced an average of 25% in those who consumed fish oil (average consumption 4g/day EPA+DHA)⁵.
- A meta-analysis of 31 placebo-controlled trials documenting the effects of n-3 fatty acids on blood pressure, found that omega-3 fatty acids from fish had an average reduction rate of -0.66/-0.35 mm Hg/gram of omega-3 fatty acids⁶.
- Study investigating the effects of n-3 fatty acids on Wistar rats with metabolic syndrome, found after administration of fish oil (EPA+DHA) for 6 weeks, the rats had a significant reduction in blood pressure, serum insulin, triacylglycerols, cholesterol, free fatty acids and total lipids⁹.

Anti-inflammatory benefits:

- EPA competes with arachidonic acid (AA) for enzymatic metabolism (COX,LOX), reducing inflammatory responses⁷.
- There have been successful results among patients with rheumatoid arthritis using omega-3 fatty acids from fish oil. Meta-analysis data suggest improvements in tender joints and morning stiffness¹³. The most significant benefits were seen in trials using 2.6 grams/day, 30 mg/kg/day and 40 mg/kg/day¹.
- Fish oils have also been examined in patients with inflammatory bowel diseases including ulcerative colitis and Crohn's disease. A number of clinical trials have shown that doses up to 4.5 and 5.4 grams per day have some benefit on preventing relapses, but can reduce the dependence on steroid therapy dramatically¹².

Additional Cardiovascular benefits¹:

- Anti-inflammatory
- Arterial compliance
- NO-induced endothelial relaxation
- Reduced asymmetric dimethyl arginine (ADMA)
- Reducing atherogenic adhesion molecules
- Anti-thrombotic

- Stabilizing atherosclerotic plaques
- Peroxisome proliferators-activated receptors (PPAR) regulation.

Non-Cardiovascular benefits:

- EPA and DHA from fish oil are the most potent immunomodulatory agents among the fatty acids⁷.
- In a study looking at the correlation between depression and omega-3 fatty acids, a sample of 3,204 adults were examined. Level of depression was estimated with the 21-item Beck Depression Inventory. Mild to severe depressive symptoms were more prevalent among women who consumed fish less than once a week than women who consumed fish more than once a week, a similar trend was observed in men⁸.
- Rapid growth of the brain occurs during the last trimester of pregnancy and several months after birth. DHA is crucial for this development, fetal and newborn fatty acid metabolism is inadequate to provide proper levels of DHA¹. Maternal supplementation of DHA during the third trimester and while breastfeeding has been shown to improve cognitive development in newborns¹⁰.

DOSE:

1 soft gel capsule per day.

American Heart Association Recommendation:

- Patients with documented Coronary Heart Disease (CHD) consume about 1 gram (1-2 capsules) of EPA + DHA per day, preferably from fatty fish².
- Patients who need to lower triglycerides consume 2 to 4 grams (3-6 capsules) of EPA+ DHA per day provided as dietary supplement under a physician's care².

CONTRAINDICATIONS, ADVERSE OR OTHER REACTIONS:

At the recommended dose, few side effects have been reported in the literature. Allergy or sensitivities to fish may occur. Patients using coumadin should use caution.

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