

## Omega Pure EPA-DHA 600+

Omega-3 + Vitamin E Support  
for Cardiovascular, Immune,  
and Joint Health\*

### Omega Pure EPA-DHA 600+ Supplementation

Omega Pure EPA-DHA 600+ is a highly absorbable form of the omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which help support cardiovascular function, joint health, and immunity.\*<sup>1,2</sup> Omega Pure EPA-DHA 600+ also includes vitamin E (alpha-tocopherol) to reduce oxidation of EPA and DHA and has a natural citrus flavoring.

EPA and DHA have myriad other essential roles in the human body. The benefits of Omega Pure EPA-DHA 600+ may also include:<sup>5,6</sup>

- Supports immune and cardiovascular function\*
- Helps cell membrane formation\*
- Supports insulation of organs\*
- Supports proper hormone signaling\*
- Supports energy production\*
- Supports healthy skin tissue\*

### How Omega Pure EPA-DHA 600+ Works

Omega-3 fatty acids are a class of polyunsaturated fats that are essential for optimum health and longevity.\* We must obtain omega-3s through diet and/or supplementation, as the body can't make them on its own.

There are several types of omega-3 fatty acids, but two, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), are particularly crucial for optimal health and are abundantly found in marine food sources.\* The other omega-3 fatty acid is alpha-linolenic acid (ALA), which appears to play a lesser role in humans.



NON-GMO



GLUTEN-FREE

## How Omega Pure EPA-DHA 600+ Works Continued

Interestingly, research has shown that diets with a high amount of omega-6 fatty acids and a low amount of omega-3 fatty acids promote inflammation.<sup>3</sup> Most nuts/seeds contain a high amount of omega-6 fatty acids and a lower amount of omega-3 fatty acids (with the exception of a few, such as chia seeds). However, when omega-3 and omega-6 fatty acids are ingested in a proper ratio (as they are in Omega Pure EPA-DHA 600+), they actually support healthy inflammatory levels.<sup>4</sup>

For example, when joint regions are subject to physiological stress, the concurrent increase in cytokines can lead to inflammation and pain. Research suggests that omega-3 fatty acids mitigate the production of proinflammatory cytokines (specifically interleukin-6 and tumor necrosis factor alpha).<sup>4</sup>

EPA and DHA are found abundantly in marine food sources, but unfortunately, eating a large amount of fish can lead to a buildup of toxins (particularly mercury and lead) in the body. Omega-3s are also found in foods like flax seeds, various nuts, and certain grains, but the quantity is relatively low. For this reason, it may be beneficial to supplement your diet with Omega Pure EPA-DHA 600+ even if you eat foods that contain EPA and DHA.

### How Much Fish Oil Should I Be Getting?

Research recommends that a combined intake of EPA and DHA in the range of 1-3 grams per day (with a 2:1 ratio of EPA:DHA) is sufficient for health and longevity purposes.<sup>7</sup>

## Supplement Facts

Serving Size: 2 Softgels

Servings Per Container: 60/120

	Amount Per Serving	%DV*
Calories	18	
Calories from Fat	18	
Total Fat	2 g	3%*
Polyunsaturated Fat	2 g	
Vitamin E	6.7 mg	44%
Total Fish Oil	2 g	**
EPA (Eicosapentaenoic Acid)	800 mg	**
DHA (Docosahexaenoic Acid)	400 mg	**

**Other Ingredients:** Norwegian fish oil, D-alpha tocopherol, natural citrus flavored gelatin (gelatin, glycerin, and water).

**Contains:** Fish (Anchovy, Sardine, and Mackerel).

**Directions:** Take two softgels one to two times daily with food as a dietary supplement or as directed by your healthcare practitioner.

**Caution:** If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

### References:

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4. Kremer, J. M., Lawrence, D. A., Petrillo, G. F., Litts, L. L., Mullaly, P. M., Rynes, R. I., ... & Bigaouette, J. (1995). Effects of high dose fish oil on rheumatoid arthritis after stopping nonsteroidal antiinflammatory drugs clinical and immune correlates. *Arthritis & Rheumatism*, 38(8), 1107-1114.
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6. Swanson, D., Block, R., & Mousa, S. A. (2012). Omega-3 fatty acids EPA and DHA: health benefits throughout life. *Advances in Nutrition: An International Review Journal*, 3(1), 1-7.
7. Kris-Etherton, P. M., Grieger, J. A., & Etherton, T. D. (2009). Dietary reference intakes for DHA and EPA. *Prostaglandins, Leukotrienes and Essential Fatty Acids*, 81(2), 99-104.

\* 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.

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