

# Marine Fish Oil

1,000 mg / Natural Source of Omega-3 Fatty Acids



## DESCRIPTION

Marine Fish Oils contains a marine lipid concentrate that has been processed by molecular distillation. Our formula is an excellent source of omega-3 fatty acids, providing eicosapentaenoic acid (EPA, 18%) and docosahexaenoic acid (DHA, 12%) in their natural triglyceride form.

## FUNCTIONS

Typical diets in developed countries deliver large amounts of saturated fatty acids and the polyunsaturated omega-6 linoleic and arachidonic acids and low levels of omega-3 fatty acids. Throughout evolution, humans were accustomed to diets providing roughly equal amounts of omega-6 and omega-3 fatty acids. However, during the last 200 years, the ratio of dietary omega-6:omega-3 fatty acids increased from about 1:1 to 20-25:1. Leading health professionals now recommend ratios between 4:1 and 10:1.

A healthy balance of dietary omega-6 and omega-3 fatty acids appears to be a prerequisite for normal immune function. Dietary linoleic acid (18:2 omega-6) is a precursor to arachidonic acid (20:4) which in turn is a precursor for pro-inflammatory prostaglandin E2, leukotriene B4, and platelet aggregating thromboxane A2. The omega-3 fatty acids EPA and DHA provide a natural counterbalance, because they serve as precursors for the anti-inflammatory prostaglandins E1 and E3, and decrease the formation of prostaglandin E2 and thromboxane A2. Among other factors, sufficient dietary levels of EPA, DHA and other omega-3 fatty acids are also important in the regulation of normal blood lipoprotein and cholesterol levels.

Marine Fish Oil 1000 mg is molecularly distilled to remove PCB's, dioxins and heavy metals such as lead and mercury. The process also reduces the oxidation of the oil and helps keep it fresh and stable.

## INDICATIONS

Marine Fish Oils may be a useful dietary supplement for those who do not consume enough oily fish and other sources of omega-3 fatty acids in their diets to receive desirable amounts of long chain omega-3 fatty acids.

## SIDE EFFECTS

No adverse effects have been reported.

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.

## FORMULA (WW #10306)

### 1 Softgel Capsule Contains:

Vitamin E .....	9 IU
Fish Oil Concentrate .....	1,000 mg
Providing:	
Eicosapentaenoic Acid (EPA) [18%] .....	180 mg
Docosahexaenoic Acid (DHA) [12%] .....	120 mg
Total Omega-3 Fatty Acids .....	300 mg
Other Ingredients: Softgel (gelatin, glycerin and water)	

This product contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, preservatives, artificial colors or flavors.

## SUGGESTED USE

As a dietary supplement, adults take 1 softgel capsule 2 times daily with meals, or as directed by a health care professional.

## STORAGE

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

## REFERENCES

- Albert CM, Hennekens CH, O'Donnell CJ, Ajani UA, Carey VJ, Willett WC, Ruskin JN, Manson JE. Fish consumption and risk of sudden cardiac death [see comments]. *Jama* 1998;279:23-8.
- Bougnoux P, Germain E, Chajes V, Hubert B, Lhuillery C, Le Floch O, Body G, Calais G. Cytotoxic drugs efficacy correlates with adipose tissue docosahexaenoic acid level in locally advanced breast carcinoma. *Br J Cancer* 1999;79:1765-9.
- Cerbone AM, Cirillo F, Coppola A, Rise P, Stragliotto E, Galli C, Giordano M, Tremoli E, Di Minno G. Persistent impairment of platelet aggregation following cessation of a short-course dietary supplementation of moderate amounts of N-3 fatty acid ethyl esters. *Thromb Haemostasis* 1999;82:128-33.
- Chin JP, Dart AM. HBPRCA Astra Award. Therapeutic restoration of endothelial function in hypercholesterolaemic subjects: effect of fish oils. *Clin Exp Pharmacol Physiol* 1994;21:749-55.
- Chin JP, Dart AM. How do fish oils affect vascular function? *Clin Exp Pharmacol Physiol* 1995;22:71-81.
- Christensen JH, Christensen MS, Dyerberg J, Schmidt EB. Heart rate variability and fatty acid content of blood cell membranes: a dose-response study with n-3 fatty acids. *Am J Clin Nutr* 1999;70:331-7.
- Christensen JH, Gustenhoff P, Korup E, Aaroe J, Toft E, Moller J, Rasmussen K, Dyerberg J, Schmidt EB. Effect of fish oil on heart rate variability in survivors of myocardial infarction: a double blind randomised controlled trial. *Bmj* 1996;312:677-8.
- Christensen JH, Gustenhoff P, Korup E, Aaroe J, Toft E, Moller JM, Rasmussen K, Dyerberg J, Schmidt EB. [n-3 polyunsaturated fatty acids, heart rate variability and ventricular arrhythmias in post-AMI-patients. A clinical controlled trial]. *Ugeskr Laeger* 1997;159:525-9.
- Christensen JH, Korup E, Aaroe J, Toft E, Moller J, Rasmussen K, Dyerberg J, Schmidt EB. Fish consumption, n-3 fatty acids in cell membranes, and heart rate variability in survivors of myocardial infarction with left ventricular dysfunction. *Am J Cardiol* 1997;79:1670-3.
- De Caterina R, Endres S, Kristensen SD, Schmidt EB. n-3 fatty acids and renal diseases. *Am J Kidney Dis* 1994;24:397-415.
- de Deckere EA, Korver O, Verschuren PM, Katan MB. Health aspects of fish and n-3 polyunsaturated fatty acids from plant and marine origin. *Eur J Clin Nutr* 1998;52:749-53.
- Emken EA, Adlof RO, Duval SM, Nelson GJ. Effect of dietary docosahexaenoic acid on desaturation and uptake in vivo of isotope-labeled oleic, linoleic, and linolenic acids by male subjects [In Process Citation]. *Lipids* 1999;34:785-91.
- Endres S, De Caterina R, Schmidt EB, Kristensen SD. n-3 polyunsaturated fatty acids: update 1995. *Eur J Clin Invest* 1995;25:629-38.
- Horrocks LA, Yeo YK. Health benefits of docosahexaenoic acid (dha) [In Process Citation]. *Pharmacol Res* 1999;40:211-25.

Manufactured For:

**Good Life Pharmacy**

125 South 16th St.  
Ord, NE 68862  
308.728.3295