

# Omega-3 Liquid

*A Concentrated, Purified Source of Pharmaceutical Grade Omega-3 Fatty Acids*



## DESCRIPTION

Omega-3 Liquid is a concentrated, purified source of pharmaceutical grade omega-3 fatty acids. Each teaspoonful provides 800mg of eicosapentaenoic acid (EPA) and 500mg of docosahexaenoic acid (DHA) in a natural lemon flavor.

## FUNCTIONS

Omega-3 Liquid provides one of the highest levels of EPA and DHA per serving. The omega-3 fatty acid EPA is the direct precursor for the anti-inflammatory 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 important fatty acid in the brain, adequate amounts of DHA are essential throughout infancy, adolescence, and adulthood for ongoing optimal function. Given the Standard American Diet, most Americans could benefit by additional omega-3 fatty acids in their diet. Multiple studies have demonstrated that inadequate levels of DHA in adolescents may adversely influence behavior and mental performance (ADHD) and have been correlated with changes in disposition, memory loss, visual, and other neurological. Conversely, supplementation with DHA in therapeutic doses has been shown to improve mental performance and cognition in all of the previously mentioned areas.

Besides the critical role that EPA and DHA play in managing inflammation and improving brain function, studies have shown that these two omega-3 fatty acids may play an important role in cardiovascular health. The GISSI-Prevenzione Trial, involving over 11,000 people, showed that the use of omega-3 fatty acids can significantly lower the risk of death and that the usage of this supplement, even at high dosages, was safe. The positive role of omega-3 fatty acids in cardiovascular health is believed to be due to the anti-inflammatory aspects of EPA and DHA. Studies have long indicated that EPA and DHA act as precursors for the anti-inflammatory prostaglandins E1 and E3, and decrease the pro-inflammatory prostaglandin E2 and thromboxane A2.

Given the recognized need for more EPA and EHA in the Standard American Diet, Omega-3 Liquid would be a welcome addition to any meal replacement or specialized purpose nutritional shake or smoothie.

## INDICATIONS

**Omega-3 Liquid may be a useful dietary adjunct for individuals wishing to supplement their diets with the essential fatty acids DHA and EPA in a pleasant tasting, liquid form.**

## FORMULA (WW #10355)

### One Teaspoonful (5ml) Contains:

Calories .....	40
Calories from Fat .....	40
Total Fat .....	4.5 gm
Saturated Fat .....	1.0 gm
Polysaturated Fat .....	2.0 gm
Monosaturated Fat .....	1.0 gm
Cholesterol .....	25 mg
Omega-3 Fatty Acids .....	1.5 gm
EPA (Eicosapentaenoic acid) .....	800 mg
DHA (Docosahexaenoic acid).....	500 mg
Other Omega-3 Fatty Acids .....	200 mg

Other ingredients: Highly refined omega-3 fish (anchovy, sardine, and mackerel) oil, natural lemon flavor, proprietary antioxidant blend (natural tocopherols, rosemary extract, and ascorbyl palmitate).

## SUGGESTED USE

One teaspoonful daily as a dietary supplement, or as directed by a healthcare professional.

## STORAGE

Store in refrigerator after opening.

Manufactured For:

**Good Life Pharmacy**

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