

High Grade Fish Oil

RICH IN OMEGA-3 EFAs

Overview

Two essential fatty acids (more commonly known as EFAs) essential to human health are omega-3 and omega-6. By far, the best type of omega-3 fat is found in fish. The omega-3 in fish is high in two fatty acids crucial to human health, docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). These two fatty acids are pivotal in preventing many diseases. The human brain also relies heavily on DHA; low DHA levels have been linked to depression, schizophrenia, memory loss, and a higher risk of developing Alzheimer's disease. Researchers are now also linking inadequate intake of these omega-3 fats in pregnant women to premature birth and low birth weight, and to hyperactivity in children. Routine consumption of fish oil is highly encouraged and recognized as a key ingredient in improving health.

Our High Grade Fish Oil is derived primarily from sardine, mackerel and anchovy, caught in the deep ocean waters off the coast of Peru. High Grade Fish Oil delivers 180 mg of EPA and 120 mg of DHA per softgel.

Purity

- The specification for the mercury in fish oil is a maximum of 0.005 parts per million or 0.005 mg/kg. There is one gram (which is the equivalent of 1000mg) of fish oil in each softgel; therefore the amount of mercury per softgel is guaranteed to be less than 0.000005 mg. The ppm will always be 0.05 ppm of the fill material.
- The molecular distillation processing of our High Grade Fish Oil removes any and all dioxins that may be in the oil (tested at less than 1 part per trillion). Dioxin content is measured in a complicated TEQ system; High Grade Fish Oil is guaranteed to meet all USA standards and the stringent European Union (EU) standards.

Research Indicates

- » Instrumental in regulating inflammation, blood pressure and thickness, hormone production, and the activities of the immune and central nervous systems
- » Important for infants (and a developing fetus) for proper development of the brain and retina of the eyes
- » Studies suggest that Attention Deficit Hyperactivity Disorder (ADHD) may be linked to omega-3 deficiency
- » Deficiencies of omega-3 may also be linked to depression
- » May be helpful for symptoms of Crohn's disease
- » Researchers think omega-3 can help prevent breast, prostate and colon cancers
- » Supports cardiovascular health by lowering blood pressure, relaxing blood vessels, and lowering cholesterol levels
- » Has been shown to decrease elevated serum triglycerides
- » May also reduce pain for sufferers of rheumatoid arthritis
- » Deficiencies have also been found in people who have allergies, asthma, and skin disorders like eczema and psoriasis

Supplement Facts	
Serving Size: 1 Softgel	
Amount Per Serving	% Daily Value
Calories	10
Calories from Fat	10
Total Fat	1g 2% **
Polyunsaturated	0.5g *
Vitamin E	2 IU 7%
Fish Oil	1000mg *
EPA (Eicosapentaenoic Acid)	360mg
DHA (Docosahexaenoic Acid)	240mg

**Percent Daily Values are based on a 2,000 calorie diet.
*Daily Value not established.

Ingredients: Gelatin, glycerin, purified water.

Contains fish (anchovy, mackerel, sardine) and soy ingredients.

Recommended Dosage

- ✓ Typical daily dosage is 500 – 3000 mgs; take 1 softgel up to three times daily with a meal.

Cautions

- If you are pregnant or lactating, consult your health care practitioner prior to using this product.
- Omega 3 fatty acids are extremely susceptible to damage from free radicals. It is recommended that antioxidants such as Vitamin E, Vitamin C, and Selenium be taken in conjunction with omega-3 fatty acids.
- Because omega-3 fatty acids have been shown to inhibit blood clotting, consult a health care practitioner prior to using High Grade Fish Oil if you have a blood disorder or are taking anti-coagulant medications.
- High Grade Fish Oil should not be used two days before or after any type of surgery.



These statements have not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, imply cure or prevent any disease. For more information regarding excipients, please refer to the excipient list.

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