



OMEGA^{AVAIL}™ ULTRA

1200 MG OMEGA-3 FISH OIL PER SERVING

120 SOFTGELS | NPN80103206 | OVU120-CN



OmegaAvail™ Ultra is a blend of high potency omega-3 essential fatty acids (FAs), providing 600 mg EPA, 400 mg DHA, and 200 mg other omega-3 fatty acids from fish oils in each two softgel serving, along with the digestive aid lipase for enhanced lipid absorption. This product may be an ideal choice when more aggressive applications of omega-3s are desired.

Every cell in the body requires FAs to function properly and maintain optimum health, as they are necessary in the process of rebuilding and synthesizing new cells. Two of these fatty acids—omega-6 and omega-3 fatty acids—are essential since they cannot be synthesized by the body. As a result of industrialized farming practices and modern food processing technology, the American diet is very high in omega-6 FAs but low in omega-3s. Correcting this imbalance through foods and supplements can be beneficial for the entire body. FAs have a desirable effect on many conditions; they support heart health, blood lipid metabolism, brain and nervous system health, joint mobility, and healthy modulation of the inflammatory response.¹⁻³

THE TRUTG™ ADVANTAGE

The omega-3 (n-3) fatty acids in this formula are derived from fish oils in their natural triglyceride (TG) form – the same way they naturally occur in fish. Most mass-marketed fish oil supplements come in the synthetic ethyl ester (EE) form. Compared to the TG form, the EE form is more convenient to produce but not as readily recognized, digested, and assimilated by the body, and is more prone to oxidation and production of free radicals. In order to receive the maximum benefits from n-3 fish oil supplementation, it is critical that these fats are provided in the most bioavailable and bioidentical form, the same form that is naturally found in fish and in the tissues of the human body. The TG form is broken down 12-15% faster than the EE form by pancreatic lipase

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enzyme, which is also included in this formula for enhanced digestion and absorption of fish oils. Because the natural TG form is most easily digested and available for the body to use, this TruTG™ advantage is effective at promoting healthy n-3 levels in the body.

THE STORY BEHIND OMEGA-3S

The best sources of omega-3 fats are cold-water, wild-caught fish like sockeye salmon, sardines, and mackerel. The omega-3s that come from marine animals are different from the plant forms (such as walnuts and flaxseed), in that many people cannot effectively convert the plant forms to the animal forms, which are the more potent and biologically active versions that the body ultimately requires. Omega-3 essential FAs have been shown to create more stable arterial plaque benefiting heart health compared to the omega-6 fatty acids that are derived from unsaturated vegetable oils such as soybean, corn, sunflower, and cottonseed oils.^{1,4} Since most people do not consume cold-water fish regularly, supplementation is critical for those concerned about any of the health issues listed below, and is also recommended for healthy individuals in order to maintain optimum fatty acid ratios.

EPA & DHA

Eicosapentaenoic acid (EPA) is beneficial for supporting healthy brain function, balanced emotions, skin health, normal cholesterol levels, and a proper inflammatory response.⁵⁻⁸ Docosahexaenoic acid (DHA) supports proper brain development and function, visual acuity, maintenance of normal triglyceride levels and blood pressure, eye development, and a healthy pregnancy for expectant mothers.⁹⁻¹³

PROPER FATTY ACID RATIOS HELP SUPPORT:

- Healthy mood and balanced emotions⁵⁻⁷
- Cardiovascular health¹⁵
- Healthy blood lipid metabolism¹⁴
- Neurological function and brain health¹⁵
- Healthy joints^{15,18,19}
- A healthy inflammatory response²⁰
- Healthy cell membranes

A meta-analysis showed that EPA and DHA supplementation reduced serum triglycerides and raised high-density lipoprotein (HDL) cholesterol.¹⁴ In patients with hypertriglyceridemia taking a statin, 4 g/d of EPA significantly reduced the incidence of major cardiovascular events, suggesting cardioprotective effects.^{15,16} Moreover, n-3 polyunsaturated fatty acids (PUFAs) with EPA levels $\geq 60\%$ at a dosage of ≤ 1 g/d demonstrated therapeutic effects on the improvement of depression in a recent meta-analysis due to their anti-inflammatory properties.⁷ Inflammation has been shown to contribute to depressive disorders; both EPA and DHA have been shown to decrease the production of inflammatory cytokines TNF alpha, IL-1beta, IL-2, and IL-6 that are related to depression.⁷ According to a review, high levels of fish consumption and n-3 supplementation demonstrated protective effects against Alzheimer's disease, decreased the incidence of Parkinson's disease (PD) as well as depressive symptoms associated with PD, and improved the quality of life in patients with multiple sclerosis.¹⁷ Compared with the control group who received corn oil, test subjects with rheumatoid arthritis (RA) who supplemented 130 mg/kg/day of body weight of n-3 fatty acids for 30 weeks, had significant reductions in pain, morning stiffness, and tender joints.¹⁸

PURITY

OmegAvail™ Ultra also includes vitamin E isomers (as DeltaGold® delta and gamma tocotrienols), which protect these fragile oils from oxidation and rancidity. Additionally, these fish oils are molecularly distilled and filtered to ensure purity and to maximize the removal of metals, pesticides, PCBs, and other contaminants.

Medicinal Ingredients (per softgel):

Omega-3 Fatty Acids	
EPA (Eicosapentaenoic acid)	300 mg
DHA (Docosahexaenoic acid).....	200 mg
Other Omega-3 Fatty acids.....	100 mg
Triacylglycerol lipase	0.125 mg (550 FCC LU)

Non-Medicinal Ingredients: Bovine gelatin, purified water, glycerine, annatto (colour), natural lemon flavour, DeltaGold® tocotrienols, lipase. **Contains fish (Alaska pollock).** **Recommended Dose:** Adults: Take two softgels per day with meals, or as directed by your health care practitioner. For prolonged use, consult a health care practitioner. Dosing recommendations are given for typical use based on an average 150 pound healthy adult. Healthcare practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage.

Warning: Consult your health care practitioner before use if you are taking blood thinning medication or are planning to have surgery.

REFERENCES

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