

OmegaPure 900 EC™



Available in 90 and 120 softgels

Discussion

IFOS Five-Star Certified Purity and quality are paramount when selecting fish oil supplements. This is precisely why XYMOGEN chose an Alaskan fish oil for OmegaPure 900 EC that is IFOS (international fish oil standards) five-star certified. IFOS is the only third-party testing and certification program for omega-3 fish oil products; it sets the gold standard for analyzing products for comparison to the highest industry standards with regard to contaminants, stability, heavy metals, and potency. Furthermore, IFOS provides detailed results for all testing categories for each individual lot tested. These assays are displayed on the IFOS website.^[1] IFOS is exclusively focused on omega-3 fish oil products, and it has long-standing experience with testing fish oil at all points along the supply chain. Five-star certification means:

- Product complies with all CRN[†]/GOED^{††}/WHO^{†††} testing categories
- Quantity of active ingredients matches the label claim
- Oxidation level is below the CRN/GOED standard by at least 75%
- PCB levels are below the CRN/GOED standard by at least 50%
- Dioxin levels are below the WHO standard by at least 50%

Source and Processing The omega-3 concentrate used in OmegaPure 900 EC is exclusively sourced from US-caught fish, namely certified sustainable wild Alaskan walleye pollock and Pacific whiting obtained from the cold, clear waters off Alaska. Freshly caught fish are processed within hours to make quick-frozen fish fillets. The result is exceptionally fresh raw fish oil. To achieve the level of quality found in OmegaPure 900 EC, a series of critical steps are undertaken: (1) raw fish oil triglycerides are broken down into ethyl esters; (2) EPA and DHA are separated from other fats and concentrated through flash distillation; (3) cold extraction further concentrates the oil, resulting in up to 85% omega-3; (4) molecular distillation removes fishy odor and taste, resulting in extremely fresh oil; (5) PCBs, chlorinated organopollutants, and toxic heavy metals are removed through filtration; and (6) high purity products are packaged in 190 kg drums or 900 kg totes under inert gas.

- OmegaPure 900 EC™ is International Fish Oil Standards (IFOS) five-star certified, which assures the highest level of purity, stability, and potency in fish oils. Each dose of this concentrated fish oil provides 900 mg of EPA and DHA and is delivered in a small, fish-gelatin-based softgel. The softgels are covered with a GRAS-certified enteric coating so that they are easy to swallow and the EPA/DHA content is optimally absorbed. EPA and DHA from fish oil promote wellness and support good health, help support the development of the brain, eyes and nerves in children up to 12 years of age; and help support cognitive health, brain function and cardiovascular health.

GRAS-Certified Enteric Coating OmegaPure 900 EC employs a fish-gelatin—not a bovine-gelatin—softgel that is enteric-coated and GRAS-certified to further guarantee quality. The enteric coating helps ensure that the fish oils reach the small intestine before being metabolized, resulting in better delivery of actives to the intestines for absorption. This delivery may also reduce the occurrence of a fishy aftertaste.*

Ethyl Ester Form Despite aggressive marketing claims to the contrary, a recent publication by Oelrich et al found that no significant difference in the effect on serum triglycerides was detected in patients taking triglyceride (TG) or ethyl ester forms of omega-3 supplements.^[2] In the study, three fish oil supplementation forms were examined. The active therapy was 4 g/day of combined EPA and DHA provided as: a 90% TG formulation, a 60% TG formulation, or ethyl esters (i.e., 0% TG). In addition to the main finding, researchers also noted that the omega-3 fish oils provided in the ethyl ester form tended to have less impact on increasing LDL-cholesterol levels compared to the omega-3 fish oils delivered in the triglyceride form.*

Health Benefits of EPA/DHA Research and studies have shown that omega-3 fatty acids antagonize arachidonic acid-induced eicosanoid formation; help generate resolvins and protectins to aid the body's "cleanup" response to the arachidonic acid cascade; promote neurological health and mental functioning; and promote cardiovascular health, a balanced immune response, and healthy glucose and insulin metabolism.^[3-15] Research suggests that it takes 2 g/day of DHA supplementation over a period of a month to saturate the plasma and three to six months of supplementation to saturate the tissues.^[16] Concentrations of DHA increased in breast milk within less than a week of supplementation.*^[16]

[†] Council for Responsible Nutrition

^{††} Global Organization for EPA and DHA Omega-3

^{†††} World Health Organization

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OmegaPure 900 EC™

Medicinal Ingredients (per softgel)

Fish Oil (Alaska Pollock) 1.29g (515mg EPA, 385mg DHA)

Non-Medicinal Ingredients

Softgel (tilapia fish gelatin, vegetable glycerin, purified water), GRAS enteric coating (ethylcellulose, sodium alginate, purified water, ammonium hydroxide, medium-chain triglycerides, oleic acid, and vegetable stearic acid), and mixed natural tocopherols. Contains: Fish (Alaska pollock) from certified sustainable sources.

Recommended Dose

Adults and children (6 yrs and over): Take one softgel daily, or as directed by your healthcare professional.

Keep tightly sealed in a cool, dry place out of the reach of children. Do not use if tamper seal is damaged.

IFOS™ Certification Mark is a registered trademark of Nutrasource Diagnostics Inc.

References

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Additional references available upon request

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