

# Omega Matrix

Molecularly distilled omega-3 fatty acids providing 400mg EPA, 200mg DHA, and 200mg borage oil providing 48mg GLA in each softgel.

## Each softgel contains:

Fish oil (anchovies, sardines and mackerels)	1000mg
EPA (eicosapentaenoic acid)	400mg
DHA (docosahexaenoic acid)	200mg
Borage oil*	200mg

\*Providing 48mg GLA

180 softgels



GMO, gluten, soy and dairy free.

The modern diet has seen a drastic reduction in the intake of omega-3 fatty acids, compounded by a significantly greater intake of omega-6 fatty acids. This is problematic as many of our tissues rely on fatty acids for proper synthesis and communication. If the appropriate fatty acids are not available, the implications for overall health are vast. Ultimately, a relative deficiency of omega-3 fatty acids can lead to a pro-inflammatory state and increase the risk of chronic disease.

The active compounds responsible for the widespread benefits of fish oil supplementation have been identified as eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Although both are important for various aspects of human health, EPA is generally

## Key points

- Each softgel delivers a minimum of 400mg EPA and 200mg DHA, sourced from wild Norwegian sardine, mackerel and anchovies, with added vitamin E for improved stability
- The addition of 200mg borage oil provides 24% GLA content for a total of 48mg GLA per softgel, adding anti-inflammatory properties
- Indicated for systemic inflammatory conditions such as cardiovascular disease, arthritis, autoimmunity, cognitive decline, mood disorders, eczema, premenstrual syndrome, and dry eye syndrome
- Molecularly distilled to ensure the end product is free from heavy metals, organophosphate compounds and unwanted contaminants
- Available in 180-softgel bottles

regarded as an anti-inflammatory fatty acid while DHA is primarily responsible for neurodevelopment and nerve protection.

EPA and DHA have been clinically studied in a variety of health conditions. For example, supplementation with these omega-3 fatty acids have been found to be beneficial for cardiovascular health, rheumatoid arthritis, autoimmunity, cognition, mood, skin health and atopic concerns, to name just a few clinical indications. Simply put, EPA and DHA should be considered for any systemic inflammatory condition.

Although an excess of omega-6 fatty acids can be problematic, not all omega-6 fatty acids should be vilified. For example, **Gamma Linolenic Acid (GLA)** is an omega-6 fatty acid commonly found in plant seeds such as evening primrose, borage and hemp. When provided together with omega-3 fatty acids such as EPA and DHA, GLA conversion to prostaglandin

E1 is encouraged. PGE1 has anti-inflammatory effects and also has the ability to induce smooth muscle relaxation. Most importantly, clinical trials with GLA have demonstrated benefits in arthritis, eczema, hypercholesterolemia, premenstrual syndrome and dry eye syndrome.

**Omega Matrix** is molecularly distilled, without the use of chemicals or solvents, to ensure purity and removal of harmful compounds such as heavy metals and organophosphate compounds. **Omega Matrix** includes 400mg EPA, 200mg DHA and 200mg of borage oil per softgel. The borage oil contains 24% GLA content for a total of 48mg GLA in each softgel. Mixed tocopherols are added to the formula to protect against and prevent oxidation. Available in 180-softgel bottles.

## Related products

Brain-Matrix  
Curcumatrix  
Inflamatrix  
Lipo-Matrix  
Omega-3 DHA Chews  
Omega-D3 Liquid Forte  
Omega-DHA Liquid Forte  
Omega Liquid Forte  
Omega-EPA Liquid Forte  
Peak-EPA

**Non-Medicinal Ingredients:** D-alpha tocopherol. Capsule: gelatin, glycerin, purified water.

**Indications:** Helps support cardiovascular health. Helps to reduce serum triglycerides. Helps support cognitive health.

**Directions:** Adults - Take 1 softgel, 3 times per day with food or as directed by a healthcare professional.

**Warnings:** Do not use if safety seal is broken.