



# EPA/DHA Fish Oil Products

Introduced 1998



## What Is It?

Our EPA/DHA products provide pure, microfiltered fish oil concentrate for cardiovascular and joint health.\*

## Uses For EPA/DHA fish oil

**Promotes Heart Health:** EPA and DHA from fish oil encourage cardiovascular health by supporting triglyceride and lipid metabolism, maintaining healthy blood flow and promoting healthy platelet function. A randomized, double-blind, placebo-controlled study involving 223 individuals, indicated that fish oil supplementation promotes arterial function. In addition, studies indicate these oils help maintain blood vessel integrity. One study also suggests EPA may moderate protein kinase C, supporting arterial smooth muscle cells.\*

**Supports Joint Health:** Fish oil is also important for optimal joint function. It moderates prostaglandin and leukotriene production, supporting healthy connective tissue. It also plays a role in moderating neutrophil activity, supporting joint comfort. A double-blind, placebo-controlled, prospective study involving 66 subjects revealed fish oils modulates immune mediator activity as well as provides support for joint flexibility.\*

## What Is The Source?

Pure Encapsulations® EPA/DHA products are molecularly distilled and microfiltered. They are sourced mainly from sardines and anchovies off the coast of Chile or Norway. They have been tested for contaminants including heavy metals, dioxans and furans, PCBs, peroxides and anisidine.

## Recommendations

Pure Encapsulations recommends 2 capsules (or 1 or more teaspoons of liquid) daily, with meals.

## Are There Any Potential Side Effects Or Precautions?

Fish oils may cause burping, gastrointestinal upset or indigestion, nausea, diarrhea, or abdominal bloating. It has a mild blood thinning effect and may influence glucose metabolism in some individuals, typically at larger levels. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

Fish oils may react with blood thinning medications. Consult your physician for more information.

## EPA/DHA essentials

each softgel capsule contains	20 sg
calories .....	10
calories from fat.....	10
total fat .....	1 g
cholesterol .....	<5 mg
fish oil concentrate (from anchovies, sardines, mackerel) ...	1,000 mg
providing:	
EPA (eicosapentaenoic acid) .....	300 mg
DHA (docosahexaenoic acid) .....	200 mg
other ingredients: natural tocopherols, gelatin capsule (gelatin, glycerin, water)	
<b>Contains fish</b>	
2 softgel capsules daily, in divided doses, with meals.	

## EPA/DHA with lemon

each softgel capsule contains	20 sg
calories .....	10
calories from fat.....	10
total fat .....	1 g
fish oil concentrate (from anchovies, herring, sardines).....	900 mg
providing:	
EPA (eicosapentaenoic acid) .....	300 mg
DHA (docosahexaenoic acid) .....	200 mg
other ingredients: natural lemon flavor, proprietary antioxidant blend (rosemary extract, ascorbyl palmitate, natural tocopherols), gelatin capsule (gelatin, glycerin, water)	
<b>Contains fish</b>	
2 softgel capsules daily, in divided doses, with meals.	

(continued)

## each teaspoon (5 ml/0.18 fl oz) provides

calories .....	40
calories from fat .....	40
total fat .....	4.5 g
saturated fat .....	1 g
polyunsaturated fat .....	2 g
monounsaturated fat .....	1 g
cholesterol .....	15 mg
fish oil concentrate (from anchovies, sardines).....	4,600 mg
providing (typical):	
EPA (eicosapentaenoic acid) .....	740-825 mg
DHA (docosahexaenoic acid) .....	460-550 mg

other ingredients: natural lemon flavor, proprietary antioxidant blend (rosemary extract, ascorbyl palmitate, natural tocopherols)

*Contains fish*

serving size: 1 tsp (5 ml/0.18 fl oz)

servings per container: 40

*This formula requires refrigeration after opening. Best when consumed within 90 days after opening. Contents may appear cloudy when refrigerated.*

Ages 4 to 11, take 1/2 teaspoon daily, with or between meals.

Ages 12 and up, take 1 or more teaspoons daily, with or between meals.