

Omega-3

Extra Strength with D



DESCRIPTION

Omega-3 Extra Strength with D is an omega-3 fatty acid supplement containing 900 mg EPA and 660 mg DHA combined with 1,000 IU vitamin D per two softgels dose.

FUNCTIONS

The omega-3 fatty acid EPA is the direct precursor for the anti-inflammatory prostaglandins E1 and E3, whereas DHA is of primary importance for the structural integrity of neuronal membranes. DHA is essential for brain health and visual development and is vital throughout pregnancy to support fetal brain growth and formation of the retina and visual cortex. As the most abundant fatty acid in the brain, adequate amounts of DHA are needed throughout infancy and adulthood for ongoing optimal function. Low levels of DHA may adversely influence behavior and mental performance, and have been correlated with changes in disposition, memory loss, visual and other neurological conditions.

Studies have shown that DHA, along with EPA, may play an important role in cardiovascular health. One landmark study, the GISSI-Prevenzione Trial, involved over 11,000 people who had already survived myocardial infarction. This was the first large-scale trial that showed supplementation of essential fatty acids significantly lowered the risk of death, and that use of this supplement was safe. The exact reasons for such dramatic benefits with respect to heart disease remain unknown, but may be related in part to the ability of fish oil to support healthy inflammatory processes. Some researchers believe that the body's inflammatory response to certain factors, along with a fatty diet, can increase the amount of plaque in the arteries, leading to atherosclerosis. Studies indicate that EPA and DHA can act as precursors for the anti-inflammatory prostaglandins E1 and E3, and decrease the formation of pro-inflammatory prostaglandin E2 and thromboxane A2. Scientists have also suggested that omega-3 fatty acids can have a direct cardiac effect on arrhythmogenesis. Omega-3 fatty acids may be able to modify sodium channels by binding to the channel proteins.

This could then help support healthy heart rhythms.

INDICATIONS

Omega-3 Extra Strength with D may be a useful dietary adjunct for individuals wishing to supplement their diets with increased levels of the fatty acids DHA and EPA.

FORMULA (VW #10368)

Two Softgels Contain:

Calories	25
Calories from Fat	20
Total Fat	2.5 g
Cholesterol	4 mg
Vitamin D3 (cholecalciferol)	1,000 IU
Marine lipid concentrate	2,520 mg
yielding:	
eicosapentaenoic acid (EPA).....	900 mg
docosahexaenoic acid (DHA)	660 mg

Other Ingredients: Gelatin, glycerin, water, rosemary leaf extract, d-alpha tocopherol (as a preservative), natural lemon flavor.

Contains: Fish (anchovy, sardine, mackerel and tuna)

SUGGESTED USE:

Adults take 2 softgels daily or as directed by a healthcare professional.

SIDE EFFECTS

If you are pregnant or nursing, consult your healthcare practitioner.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

Lauritzen L, Brambilla P, Mazzocchi A, Harslof LB, Ciappolino V, Agostoni C, DHA Effects in Brain Development and Function, *Nutrients*. 2016 Jan4;8(1)

Stonehouse W. Does consumption of LC omega-3PUFA enhance cognitive performance in healthy school-aged children and throughout adulthood? Evidence from clinical trials, *Nutrients*. 2014 Jul 22;6(7):2530-58.

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Markides M, Neumann MA, Byard RW, Simmer K, Gibson RA. Fatty acid composition of brain, retina, and erythrocytes in breast-and formula-fed infants. Am J Clin Nutr. 1994 Aug;60(2):189-94.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Manufactured For:

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