

Mega EPA/DHA

120 softgels

Item Catalog Number: 00625

As people age, systemic inflammation can inflict degenerative effects throughout the body.¹⁻⁵ A primary cause of this destructive cascade is the production of cell-signaling chemicals known as inflammatory cytokines. Along with these dangerous cytokines, imbalances of hormone-like messengers called prostaglandins and leukotrienes also contribute to inflammatory processes.⁶

The body needs fatty acids to survive and is able to make all but two of them: linoleic acid (LA), in the omega-6 family, and alpha-linolenic acid (ALA) in the omega-3 family. These two fatty acids must be supplied by the diet and are therefore considered essential fatty acids (EFAs).

Omega-3 fatty acids, found in cold-water fish (and fish oil) and perilla and flaxseed oils, can be part of a healthy diet. Omega-3 oils contain the essential fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which are usually lacking in the typical Western diet filled with high amounts of omega-6 fats.⁷ EPA and DHA can be synthesized from ALA; but EPA and DHA synthesis may be insufficient under certain conditions.

Molecularly distilled MEGA EPA/DHA contains twice as much EPA and DHA as conventional fish oil capsules.

References

Supplement Facts

Serving Size 2 softgels

Servings Per Container 60

Amount Per Serving

EPA (eicosapentaenoic acid)	720 mg
DHA (docosahexaenoic acid)	480 mg
Calories	20
Calories from fat	15
Total fat	2 g
Cholesterol	8 mg
Vitamin E (as mixed tocopherols)	4 IU

†Gas Chromatography by A%

Other ingredients: gelatin, glycerin, water, carob color, rosemary extract.

Contains fish (anchovy, sardine, mackerel). This product contains NO milk, egg, peanuts, crustacean shellfish, soybeans, tree nuts, wheat, yeast, gluten, corn, or rice. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- Take two softgels one to three times daily with food, or as recommended by a healthcare practitioner.
- Do not take with fiber supplements.

Caution

Those taking anticoagulant drugs like Coumadin® (warfarin) should inform their doctor that they are taking GLA, EPA, or DHA supplements, as the physician may want to adjust the dose of anticoagulant medication based on tests that measure coagulation factors such as template bleeding time.

Since GLA, EPA, and DHA interfere with blood clotting, those who suffer from any type of hemorrhagic disease related to excessive bleeding or blood vessel leakage should consult their physician before supplementing these fatty acids.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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