

## Super Omega-3 EPA/DHA with Sesame Lignans & Olive Fruit Extract

### 60 softgels

Item Catalog Number: 01483



5 Star Rating  
★★★★★



Featured Video

An abundance of scientific research substantiates the wide-ranging health benefits, including promoting a healthy heart, of omega-3 fatty acids in fish oil and monounsaturated fatty acids-polyphenols in olive fruit.<sup>1-9</sup>

Super Omega-3 from Life Extension® uses a patented EPA/DHA extraction process that results in a pure, stable and easy-to-tolerate fish oil extract. While most fish oil is distilled to decrease contaminants such as mercury and PCBs, the Pure +™ fish oil used in Super Omega-3 is reduced with a patented method that purifies the oil with a highly advanced distillation process to reduce pollutants to virtually undetectable levels. The result is an improved fish oil that exceeds the standards set by international rating agencies.

### Sesame Lignans Enhance Fish Oil's In Vivo Effects

The unstable nature of fatty acids like fish oil limits their biological efficacy in the body. Studies show that when sesame lignans are supplemented with fish oil, the beneficial effects are augmented.<sup>10</sup>

Sesame lignans help guard against lipid peroxidation, thereby extending the stability of DHA in the body. These lignans also direct fatty acids toward pathways which can help with inflammatory reactions. Super Omega-3 provides standardized sesame lignans to enhance the overall benefits of the improved EPA/DHA fish oil blend.

### New Higher Potency Standardized Olive Fruit

To emulate a Mediterranean diet, Super Omega-3 provides a standardized olive fruit extract to deliver the polyphenol hydroxytyrosol, a powerful antioxidant that protects normal LDL from oxidation and counters dangerous free radicals.<sup>11-14</sup> Research shows that a combination of olive oil and fish oil supplements helps with inflammation better than a placebo or fish oil alone.<sup>15</sup> Therefore, Super Omega-3 provides the equivalent polyphenol content of 6 ounces of extra virgin olive oil.

Super Omega-3 provides a new, higher concentration olive fruit extract standardized for hydroxytyrosol, tyrosol and oleuropein polyphenols. Research shows the value of oleuropein in favorably altering gene expression, delaying senescence in specialized skin cells, and helping maintain normal platelet activation.

Life Extension's Super Omega-3 is a fish oil concentrate that contains a full-spectrum blend of synergistic nutrients, providing a product of the utmost quality to produce optimal effects.

### References:

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## Supplement Facts

Serving Size 2 softgels

Servings Per Container 30

### Amount Per Serving

Calories	21
Calories from Fat	21
Total Fat	2.3 g
Cholesterol	8 mg
Pure+™ Wild Fish Oil Concentrate	2000 mg
Yielding	
EPA (eicosapentaenoic acid)	700 mg
DHA (docosahexaenoic acid)	500 mg
Polyphen-Oil™ Olive( <i>lea europa</i> ) Fruit Extract [std. to 1.5% hydroxytyrosol (4.5 mg), 0.7% oleuropein (2.1 mg), 0.5% verbascoside (1.5 mg) and 0.23% tyrosol (0.7 mg)]	300 mg
Sesame seed ( <i>Sesamum indicum</i> ) lignan extract	10 mg

Other ingredients: refined fish oil concentrate (anchovy, sardine, mackerel), gelatin, glycerin, colloidal silicon dioxide, soy lecithin, caramel color, mixed tocopherols, rosemary extract.

Contains fish (anchovy, sardine, mackerel) and soybeans. Contains sesame.

This product contains NO milk, egg, peanuts, crustacean shellfish (lobster, crab, shrimp), tree nuts, wheat, yeast, gluten, corn, or rice. Contains NO sugar, artificial sweeteners, flavors, colors, or preservatives.

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## Dosage and Use

- Take two softgels twice daily with meals, or as recommended by a healthcare practitioner.
- Do not take with fiber supplements.

## Caution

If you are taking anticoagulant drugs, use only under the supervision of your physician. Blood tests that measure clotting time can be used to ensure these nutrients are not reducing the clotting factors in your blood to abnormal levels.

## 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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