

Emulsified Super Twin EPA/DHA
12 fl oz (355 ml)
 Item Catalog Number: 00048

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 also contribute to inflammatory processes.

What you eat also contributes to the production of inflammatory cytokines. Eating foods cooked at high temperature can cause the formation of advanced glycation end (AGE) products.⁶ Glycation is the binding of a protein molecule to a glucose molecule that results in the formation of damaged protein structures. As the damaged proteins accumulate, they activate the production of pro-inflammatory cytokines. Presently there is no way to reverse the effects of glycation.

Essential fatty acids (EFAs)

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 that includes 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.

While the polyunsaturated fats known as omega-6 fatty acids are essential to optimal health, most Americans and citizens of other Western nations consume far too many omega-6 polyunsaturated fatty acids and not enough omega-3 polyunsaturated fatty acids. In fact, some Western diets consists of 20 parts of omega-6 to only one part of omega-3. For optimum health, the ratio of omega-6 to omega-3 fatty acids should be between 1:1 and 4:1. This severe imbalance that occurs with most people contributes to the development of long-term health problems.

Studies associate the Mediterranean diet, rich in omega-3 fatty acids, olive oil, and antioxidant-rich fruits, vegetables, and herbs, with lowered cardiovascular risk and increased life span.⁹⁻¹⁵ Other studies support omega-3's importance in cardiovascular health.^{16,17} In fact, the FDA states that supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.

Emulsified Super Twin EPA/DHA is a blend of fish oils in liquid form that provides a concentrated source of the omega-3 polyunsaturated fatty acids EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). A blend of natural lecithin and apple pectin is used to help mechanically (not chemically) reduce and disperse (emulsify) the natural oil globules of Super Twin EPA/DHA into millions of tiny droplets, making the fatty acids EPA and DHA more readily available to the digestive system for better absorption.

References

Supplement Facts

Serving Size 2 tablespoons
 Servings Per Container 12

Amount Per Serving

Calories	150
Calories from fat	110
Total Fat	12 g
Saturated fat	3 g
Trans fat	0 g
Total carbohydrate	11 g
Total Omega-3 Fatty Acids	3380 mg
EPA (elcosapentaenoic acid)	2028 mg
DHA (docosahexaenoic acid)	1352 mg

Ingredients: Filtered water, glycerin, purified fish oil, soy lecithin, tragacanth (astragalus) gum resin, mint flavor, apple pectin, alpha tocopherol, ascorbyl palmitate.

This product has been processed and tested to be free of PCB and heavy metals.

Dosage and Use

- Take two tablespoons daily or as directed by a physician or health care professional.
- Shake well before using.
- Store tightly closed in a cool, dry place.

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.

All Contents Copyright © 1995-2009 Life Extension Foundation All rights reserved.

LifeExtension®

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease. The information provided on this site is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional or any information contained on or in any product label or packaging. You should not use the information on this site for diagnosis or treatment of any health problem or for prescription of any medication or other treatment. You should consult with a healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.