DEPA
A rich source of long-chain omega-3 fatty acids

DESCRIPTION
DEPA, provided by Douglas Laboratories, contains a marine lipid concentrate that has been processed by molecular distillation. DEPA is an excellent source of omega-3 fatty acids, providing eicosapentaenoic acid (EPA, 18%) and docosahexaenoic acid (DHA, 12%) in their natural triglyceride form.

FUNCTIONS
Typical diets in developed countries deliver large amounts of saturated fatty acids and the polyunsaturated omega-6 linoleic and arachidonic acids and low levels of omega-3 fatty acids. Throughout evolution, humans were accustomed to diets providing roughly equal amounts of omega-6 and omega-3 fatty acids. However, during the last 200 years, the ratio of dietary omega-6:omega-3 fatty acids increased from about 1:1 to 20-25:1. Leading health professionals now recommend ratios between 4:1 and 10:1. A healthy balance of dietary omega-6 and omega-3 fatty acids appears to be a prerequisite for normal immune function. Dietary linoleic acid (18:2 omega-6) is a precursor to arachidonic acid (20:4) which in turn is a precursor for pro-inflammatory prostaglandin E2, leukotriene B4, and platelet aggregating thromboxane A2. The omega-3 fatty acids EPA and DHA provide a natural counterbalance, because they serve as precursors for the anti-inflammatory prostaglandins E1 and E3, and decrease the formation of prostaglandin E2 and thromboxane A2. Among other factors, sufficient dietary levels of EPA, DHA and other omega-3 fatty acids are also important in the regulation of normal blood lipoprotein and cholesterol levels.

INDICATIONS
DEPA may be a useful dietary supplement for those who do not consume enough oily fish and other sources of omega-3 fatty acids in their diets to receive desirable amounts of long chain omega-3 fatty acids.

FORMULA (#7980)
Each Softgel Contains:
Calories ................................................................. 10.5
Calories from Fat ...................................................... 9
Total Fat ................................................................. 1 g
Saturated Fat ........................................................... 0 g
Polyunsaturated Fat .................................................. 0.5 g
Cholesterol ............................................................... 6 mg
Vitamin E ................................................................. 1 IU
Natural Triglyceride Marine ........................................ 1000 mg
Lipid Concentrate
Providing:
Eicosapentaenoic Acid [EPA] [18%] .............................. 180 mg
Docosahexaenoic Acid [DHA] [12%] ............................ 120 mg
Total Omega-3 Fatty Acids .............................. 300 mg

SUGGESTED USE
Adults take one softgel daily or as directed by physician.

SIDE EFFECTS
No adverse side effects have been reported.
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Concentrated from fish body oils at low temperatures– NO solvents or chemicals used. NO STARCH, SUGAR, WAX OR PRESERVATIVES.

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

REFERENCES
Emken EA, Adlof RO, Duval SM, Nelson GJ. Effect of dietary docosahexaenoic acid on desaturation and uptake in vivo of isotope-labeled oleic, linoleic, and linolenic acids by male subjects [In Process Citation]. Lipids 1999;34:785-91.
Horrocks LA, Yeo YK. Health benefits of docosahexaenoic acid (dha) [In Process Citation]. Pharmacol Res 1999;40:211-25.
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For more information visit douglaslabs.com

† 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.