

# 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 E<sub>2</sub>, leukotriene B<sub>4</sub>, and platelet aggregating thromboxane A<sub>2</sub>. The omega-3 fatty acids EPA and DHA provide a natural counterbalance, because they serve as precursors for the anti-inflammatory prostaglandins E<sub>1</sub> and E<sub>3</sub>, and decrease the formation of prostaglandin E<sub>2</sub> and thromboxane A<sub>2</sub>. 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 Capsule Contains:

Natural Triglyceride Marine Lipid Concentrate .....	1,000 mg
<b>Providing:</b>	
Eicosapentaenoic Acid (EPA) .....	180 mg (18%)
Docosahexaenoic Acid (DHA) .....	120 mg (12%)
Plus gelatin, natural glycerin and water	
Total Omega-3 Fatty Acids .....	300 mg

#### Each Softgel Capsule Provides:

Calories .....	10.5
Protein .....	less than 0.5 g
Carbohydrates .....	less than 0.5 g
Fat (86% of calories from fat) .....	1 g
Polyunsaturated .....	0.5 g
Saturated .....	less than 0.5 g
Cholesterol .....	6 mg

### SUGGESTED USE

Adults take 1 softgel daily or as directed by physician.

### SIDE EFFECTS

No adverse effects have been reported

### STORAGE

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

### References

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**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.**

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