

Opti-EPA™

Enteric-Coated Softgels for Cardiovascular Health

DESCRIPTION

Opti-EPA™ enteric-coated softgels, provided by Douglas Laboratories®, supplies significant amounts of essential omega-3 fatty acids, derived from marine lipid concentrate. Processed by molecular distillation, Opti-EPA is an excellent source of these fatty acids, providing 660 mg of eicosapentaenoic acid (EPA) and 340 mg docosahexaenoic acid (DHA) per serving.

FUNCTIONS

The omega-3 fatty acid EPA is the direct precursor for the anti-inflammatory prostaglandins E₁ and E₃, whereas DHA is of primary importance for the structural integrity of neuronal membranes. DHA is essential for brain and visual development and is vital throughout pregnancy to support fetal brain growth and formation of the retina and visual cortex. As the most abundant fatty acid in the brain, adequate amounts of DHA are needed throughout infancy and adulthood for ongoing optimal function. Low levels of DHA may adversely influence behavior and mental performance, and have been correlated with changes in disposition, memory loss, and visual and other neurological conditions.

Studies have shown that DHA, along with EPA may play an important role in cardiovascular health. One landmark study, the GISSI-Prevenzione Trial, involved over 11,000 people who had already survived myocardial infarction. This was the first large scale trial that showed supplementation of essential fatty acids significantly lowered the risk of death, and that use of this supplement was safe. The exact reasons for such dramatic benefits with respect to heart disease remains unknown, but may be related in part to the ability of fish oil to support healthy inflammatory processes. Some researchers believe that the body's inflammatory response to certain factors, along with a fatty diet, can increase the amount of plaque in the arteries, leading to atherosclerosis. Studies indicate that EPA and DHA can act as precursors for the anti-inflammatory prostaglandins E₁ and E₃, and decrease the formation of pro-inflammatory prostaglandin E₂ and thromboxane A₂. Scientists have also suggested that omega-3 fatty acids can have a direct cardiac effect on arrhythmogenesis. Omega-3 fatty acids may be able to modify sodium channels by binding to the channel proteins. This could then help support healthy heart rhythms.

Additionally, Opti-EPA is enteric-coated,

significantly reducing the "fishy" taste sometimes associated with marine lipid supplements.

INDICATIONS

Opti-EPA enteric-coated softgels may be a useful dietary adjunct for individuals wishing to supplement their diets with the essential fatty acids DHA and EPA.

FORMULA (#99276)

Each Two Enteric-Coated Softgels Contain:

Eicosapentaenoic acid (EPA)	660 mg
Docosahexaenoic acid (DHA)	340 mg

SUGGESTED USE

Adults take 2 softgel capsules daily or as directed by physician.

SIDE EFFECTS

No adverse side effects 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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