

Opti-Omega Q[®] with Phytosterols

Ultra-Refined[†], Molecularly Distilled Liquid Fish Oil with Phytosterols and CoQ10

DESCRIPTION

Opti-Omega Q[®] with Phytosterols, provided by Douglas Laboratories[®], is a synergistic combination of ultra-refined, molecularly distilled liquid fish oil, plant sterols, and coenzyme Q10 in a convenient, great tasting natural orange-citrus flavored liquid.

FUNCTIONS

Fish Oil

The consumption of omega-3 fatty acids from fish has been associated with numerous benefits, including support for cardiovascular, neurological, ocular, joint and skin health.* One of the mechanisms by which omega-3 fatty acids may be functioning is by maintaining healthy inflammatory processes. Eicosapentaenoic acid (EPA), one of the major fatty acids present in fish oil, is a precursor for prostaglandins E₁ and E₃ as well as the series 5 leukotrienes. Consumption of omega-6 fatty acids tends to favor the production of series 2 prostanoids and series 4 leukotrienes. Maintaining a healthy balance between these different prostanoids and leukotrienes can help support healthy immune function.* Specifically, studies have shown that EPA and DHA may play an important role in cardiovascular health. One landmark clinical trial, the GISSI-Prevenzione Trial, involved over 11,000 people and reported that those subjects that received fish oil supplementation experienced significant benefits with respect to cardiovascular health. Docosahexaenoic acid (DHA), the other major omega-3 fatty acid found in fish oil is essential for neurological and visual development and is vital throughout pregnancy to support fetal brain growth and the proper formation of the retina and visual cortex.* Supplementation with fish oil may also help support emotional well-being and mood.*

Plant Sterols

Plant sterols and plant sterol esters are naturally occurring plant compounds that have structures similar to, yet slightly different from cholesterol. Typical plant sterols are compounds such as β -sitosterol, campesterol, and stigmasterol and can be found in vegetables, fruits, legumes, nuts, grains and certain oils. Research has shown that these compounds compete with the absorption of dietary cholesterol as well as inhibit the reabsorption of endogenous cholesterol in the gastrointestinal tract.

Supplementation with plant sterol esters has been shown to support cholesterol levels that are already in the normal range.* Numerous foods including orange juice, rice drink, and margarine now incorporate plant sterols, or sterol esters. Increasingly, dietary supplements are now incorporating plant sterols and using a health claim that has been allowed for products containing at least 800 mg of plant sterols daily. Two servings of Opti-Omega Q provide 1,300 mg of plant sterol esters.

Coenzyme Q10

Coenzyme Q10 (or ubiquinone) is an important rate-limiting nutrient that is a cofactor in the mitochondrial electron transport chain, the biochemical pathway in cellular respiration from which adenosine triphosphate (ATP) and metabolic energy is derived. Since nearly all cellular activities are dependent upon energy, coenzyme Q10 is essential for the health of all human tissues and organs.

Numerous studies indicate coenzyme Q10 plays an important role in the maintenance of the entire cardiovascular system. Supplementation with coenzyme Q10 in patients has shown to be useful for the maintenance of healthy blood pressure, as well as blood vessel and heart muscle function.* In addition, people taking statin drugs can develop deficiencies in coenzyme Q10 and may require supplementation.

INDICATIONS

Opti-Omega Q[®] with Phytosterols may be a useful dietary adjunct for individuals wishing to supplement their diets with a unique formula to help support cholesterol and cardiovascular health.

FORMULA (#99468)

1 teaspoon(5 ml) contains:

Ultra pure fish oil concentrate	3,638 mg
Providing:	
EPA (eicosapentaenoic acid)	582 mg
DHA (docosahexaenoic acid)	364 mg
Phytosterol esters (from soy)	650 mg
Coenzyme Q10	50 mg

Other Ingredients: Rosemary extract, Ascorbyl palmitate, natural tocopherols, natural flavors.

(continued on reverse)

SUGGESTED USE

Adults take 1 teaspoon twice daily with meals 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 the reach of children.

REFERENCES

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†The fish oils used in our omega-3 products are sourced primarily from small fish such as anchovies and sardines. These oils are ultra-pure and molecularly distilled to remove heavy metals (including arsenic, cadmium, lead and mercury), dioxins, and PCBs. Additionally, these oils are tested for oxidation via a number of methods to ensure that they are compliant with the omega-3 specifications set forth by the Council for Responsible Nutrition (CRN).

* 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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