

EPA/GLA

Cardiovascular Health

DESCRIPTION

EPA/GLA softgels, provided by Douglas Laboratories, contain a marine lipid concentrate processed by molecular distillation and borage seed oil. EPA/GLA is a good source of both omega-3 fatty acids, providing eicosapentaenoic acid (EPA, 18%) and docosahexaenoic acid (DHA, 12%) in their natural triglyceride form, as well as the omega-6 fatty acid gamma linolenic acid (GLA).

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 and leukotriene B4, and platelet aggregating thromboxane A2. Although GLA is a precursor of arachidonic acid, it also competes with arachidonic acid effectively, and may help downregulate the formation of excessive levels of pro-inflammatory 2-series prostaglandins and other immune mediators.

The omega-3 fatty acids EPA and DHA provide a natural counterbalance to the effects of excess omega-6 fatty acids, because they serve as precursors for the anti-inflammatory prostaglandins E1 and E3, and decrease the formation of prostaglandin E2 and thromboxane A2.

Thus, a balanced dietary intake of all of these fatty acids appears to be necessary to maintain a healthy immune response during normal inflammatory processes. The omega-3 fatty acids also have important functions for visual acuity and possibly in maintaining normal blood lipoprotein levels and the healthy metabolism of cholesterol.

INDICATIONS

EPA/GLA softgels may be a useful dietary supplement for those who do not consume enough oily fish and other sources of omega-3 fatty acids to receive desirable amounts of healthy long chain omega-3 fatty acids. EPA/GLA may also be a useful dietary adjunct for those who wish to supplement their diets with gamma-linolenic acid.

FORMULA (#7039)

Each Softgel Capsule Contains:	
Trace Elements (from Sea Vegetation).....	100 mcg
Each Softgel Capsule Contains:	
Natural Triglyceride Marine	
Lipid Concentrate.....	333 mg
Borage Oil.....	62.5 mg
Vitamin E (d-alpha Tocopherol with Mixed Tocopherols)	10 I.U.
Providing:	
Pure Eicosapentaenoic Acid (EPA)	60 mg
Gamma Linolenic Acid (GLA)	15 mg

EPA/GLA**Cardiovascular Health****SUGGESTED USE**

Adults take 1 to 4 softgels 1 to 3 times daily or as directed by physician.

SIDE EFFECTS

No adverse side 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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For more information on EPA/GLA 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.

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Your patients trust you.**