

## Salmon Oil

### DESCRIPTION

Salmon Oil, provided by Douglas Laboratories, supplies 1,000 mg of pure salmon oil, a good source of dietary fatty acids, in an easy to swallow softgel capsule.

### 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 a ratio 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. 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 or other omega-3 fatty acids are also important in the regulation of normal blood lipoprotein and cholesterol levels.

### INDICATIONS

Salmon Oil may be a useful dietary supplement for individuals wishing to supplement their diet with essential fatty acids.

### FORMULA (#81801)

Each One Softgel capsules contain:

Calories .....	10	
Calories from Fat.....	10	
Total Fat .....	1 g	2%
Cholesterol .....	5 mg	2%
Salmon Oil.....	1000 mg	*
Providing:		
Docosahexaenoic Acid (DHA).....	120 mg	*
Eicosapentaenoic Acid (EPA) .....	80 mg	*

### SUGGESTED USE

Adults take 1- 2 softgels daily with meals or as directed by a health care professional.

### 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.

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### REFERENCES

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**For more information on Salmon Oil visit [douglaslabs.com](http://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.**