

Opti EPA™ Liquid

Ultra-Refined, Molecularly Distilled Liquid Fish Oil

DESCRIPTION

Opti EPA™ Liquid, provided by Douglas Laboratories®, contains an ultra-refined, molecularly distilled liquid fish in a convenient, great tasting natural citrus flavored liquid.

FUNCTIONS

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.†

FORMULA (99474)

1 teaspoon (5 ml) contains:

Calories	40
Total Fat	4.5 g
Cholesterol	9 mg

Ultra pure fish oil concentrate

Providing:

EPA (eicosapentaenoic acid)	1,331 mg
DHA (docosahexaenoic acid)	888 mg

Other Ingredients: Rosemary extract, ascorbyl palmitate, natural vitamin E and natural citrus flavor (lemon, lime, citral) and natural vanilla flavor.

Contains fish oil from anchovies and sardines.

SUGGESTED USE

Adults take 1 teaspoon daily or as directed by your healthcare professional.

SIDE EFFECTS

No adverse side effects have been reported.

STORAGE

Refrigerate after opening. Keep out of reach of children.

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REFERENCES

- Dietary supplementation with n-3 polyunsaturated fatty acids and vitamin E after myocardial infarction: results of the GISSI-Prevenzione trial. Gruppo Italiano per lo Studio della Sopravvivenza nell'Infarto miocardico. Lancet 1999 Aug 7;354(9177):447-55.
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- Makrides M, Neumann MA, Gibson RA. Effect of maternal docosahexaenoic acid (DHA) supplementation on breast milk composition. Europ J Clin Nutr 1996;50:352-357.
- Martinez MJ. Tissue levels of polyunsaturated fatty acids during early human development. J Pediatr 1992; 120:S129-138.
- Morrow-Tlucak M, et al. Breastfeeding and cognitive development in the first 2 years of life. Soc Sci Med 1988;26:635-639.

For more information on Opti EPA™ Liquid 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.

†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).

Manufactured by
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You trust Douglas Laboratories.
Your patients trust you.