

Super Omega 3

NPN 80008707, 60 Softgel Capsules, Essential Fatty Acids, Stock No. 1515-7

Omega-3 fatty acids are one of four basic fats that the body derives from foods. (The other three are cholesterol, saturated fat, and monounsaturated fat). Some of the other fats, especially too much saturated fat, can be harmful to the body, but Omega-3s are good for the body and especially good for the heart and brain.

Did you know?

Omega-3 fatty acids are essential fatty acids because they cannot be manufactured by the body and must be obtained from the diet. There are three major types of omega 3 fatty acids in foods: alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA). The body converts ALA to EPA and DHA. Extensive research indicates that omega-3 fatty acids reduce inflammation and help prevent certain chronic diseases such as heart disease and arthritis. These essential fatty acids are highly concentrated in the brain and appear to be particularly important for cognitive and behavioral function. In fact, infants who do not get enough omega-3 fatty acids from their mothers during pregnancy are at risk for developing vision and nerve problems.

It is important to maintain an appropriate balance of omega-3 and omega-6 (another essential fatty acid) in the diet as these two substances work together to promote health. An inappropriate balance of these essential fatty acids contributes to the development of disease while a proper balance helps maintain and even improve health. A healthy diet should consist of roughly one to four times more omega-6 fatty acids than omega-3 fatty acids. The typical North American diet tends to contain 11 to 30 times more omega-6 fatty

acids than omega-3 fatty acids, and many researchers believe this imbalance is a significant factor in the rising rate of inflammatory disorders.

In contrast, the Mediterranean diet consists of a healthier balance between omega-3 and omega-6 fatty acids and many studies have shown that people who follow this diet are less likely to develop heart disease. An omega-3 supplement is therefore a good idea for those of us who eat a more typical Western diet. Adding extra omega-3 to the diet brings the omega 6:3 ratio closer to the Mediterranean diet.

NSP Advantage

Super Omega-3 softgels contain more than 1,000 mg of fish oil per capsule, with a ratio of 33:16 EPA to DHA. It also contains lemon to significantly reduce the aftertaste from fish oil and to reduce gas.

NSP conducts extensive quality assurance testing to verify the purity of its products. The oil in Super Omega-3 is highly purified using molecular distillation. This helps to ensure a purer product.

Ingredients: Medicinal ingredients: Fish oil (anchovy, mackerel, sardine), 1146 mg (contains 380 mg EPA and 190 mg DHA). Non-medicinal ingredients: Gelatin capsule (glycerin, water, colouring) and lemon oil.

Recommendation: Adults: Take 1 capsule twice daily with a meal.

Adolescents 14-18 years: Take 1 capsule twice daily with a meal. Adolescents 9-13 years: Take 1 capsule once daily with a meal.

Children 1-8 years: Take 1 capsule once daily with a meal.

Features & Benefits

- A source of omega-3 fatty acids EPA and DHA for the maintenance of good health.
- Helps support cognitive health and brain function.
- Helps support the development of the brain, eyes and nerves in children and adolescents.
- Helps maintain/support cardiovascular health and helps to reduce serum triglycerides/triacylglycerols in adults/adolescents (older than 14 years of age).
- In conjunction with conventional therapy, helps to reduce the pain of rheumatoid arthritis in adults.