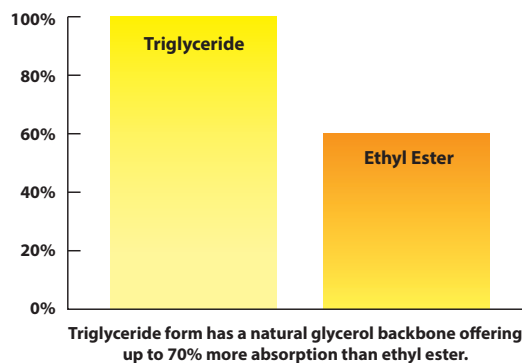




### Relative % Bioavailability of re-esterified Triglyceride Compared to Regular Ethyl Ester



### Omega-3 Depletion†

An accumulating body of research shows that the typical Westernized diet does not provide a sufficient amount of omega-3s for optimal health. Additionally, insufficient conversion of ALA to the active EPA and DHA may reduce the amount available for use in organs and tissues. Symptoms of omega-3 deficiency are common and often overlooked. These may include dry, itchy or flaky skin, poor sleep quality, poor circulation, eye discomfort, and mood imbalance.<sup>5</sup> Most of the studies over the past three decades have focused on EPA and DHA. In recent years, however, research has looked at DPA, the intermediate between EPA and DHA and the role it plays in our health. DPA collects in a variety of tissues including the liver, breast, brain, eyes, heart and red blood cells and is the intermediate between EPA and DPA. This, combined with the retroconversion of DHA back to EPA, suggests that DPA may be a reservoir for both EPA and DHA, thus increasing the storage of EPA, DHA and DPA and in turn, the beneficial healthy effects, of omega 3 fatty acids. The roles associated with DHA and EPA in supporting metabolic processes, neurological development, and maintaining inflammatory balance may, in part, be attributed to DPA. Each soft gel of Orthomega 820 contains 50mg of DPA.

### Cardiovascular and Blood Sugar Health†

Omega-3 fatty acids have long been known to benefit cardiovascular health. The well-known GISSI-Prevezione trial found that just 1 g a day of omega-3 fatty acids had a significant impact on cardiovascular health after three to four months of consumption.<sup>6</sup> EPA, DHA and DPA have been shown to modulate levels of fat in the blood,<sup>7</sup> and a meta-analysis of 31 placebo-controlled trials found that for each gram of omega-3s consumed, there was improved support for healthy blood pressure levels already within the normal range.<sup>8</sup> Population studies have also reported that omega-3 fatty acids support better blood sugar balance in populations consuming large amounts of the n-3 long-chain PUFAs.<sup>9</sup>

† 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.

### Additional Benefits of Omega-3 Fatty Acids†

In addition to their well-known cardiovascular benefits, omega-3 fatty acids play a central role in brain development, mood enhancement, improved cognition, joint comfort and visual acuity.

#### Mood Enhancement†

A double-blind study, which randomly assigned participants with low mood to either placebo, 1 g/day or 2 g/day of EPA, found significant improvement with EPA compared with placebo in balancing mood.<sup>10</sup>

#### Increased Mental Focus †

In a recent British study, omega-3 blood levels were shown to be directly related to improved measures of cognition, performance and behavior among healthy children with below-average reading ability.<sup>11</sup>

#### Joint Comfort †

A dose of 1,200 mg per day of omega-3 essential fatty acids were found to improve back and joint discomfort from exercise or overexertion among 125 people, with 88% choosing to continue supplementation after the study's end.<sup>12</sup> Fish oil has also been shown to improve similarly tender joints and morning stiffness after three months of consumption.

#### Visual Acuity †

A study evaluating the long-term effects of EPA and DHA on visual development in 136 school-age Inuit children exposed to high levels of n-3 PUFAs during gestation, found beneficial effects of DHA intake on visual acuity.<sup>13</sup> Eating oily fish at least once per week compared with less than once per week was also found to enhance visual clarity and help support healthy macular aging.<sup>14</sup>

#### Directions

1 soft gel capsule per day or as recommended by your health care professional.

#### Does Not Contain

Wheat, gluten, dairy, peanuts, tree nuts, egg, artificial colors, sweeteners or preservatives.

#### Cautions

If you are pregnant or nursing, consult your physician before taking this product.

Supplement Facts <sup>10</sup>		
Serving Size 1 Soft Gel Capsule		
Servings Per Container 60, 120 & 180		
1 soft gel capsule contains	Amount Per Serving	% Daily Value
Calories	15	
Total fat	1.5g	2%*
Cholesterol	<5 mg	<2%
<b>Total Omega-3s (as Triglycerides)</b>	<b>950 mg</b>	<b>**</b>
EPA (Eicosapentaenoic Acid)	430 mg	**
DHA (Docosahexaenoic Acid)	390 mg	**
Omega-3s (additional)	130 mg	**
DPA (Docosapentaenoic Acid)	50 mg	**

\*\* Daily Value not established  
\* Percent Daily Values are based on a 2,000 calorie diet.

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