

# OmegaGenics® EPA-DHA 720

Advanced Support for Cardiovascular,  
Immune & Joint Health\*

Omega-3 fatty acids, also known as long chain polyunsaturated fatty acids (PUFAs), are commonly found in oily fish such as herring, sardines, and mackerel. EPA and DHA provide considerable health benefits, and consuming products such as oily fish and good quality marine oil supplements has been associated with good health across the life-span.\*

The production of EPA and DHA in the human body from precursor fatty acids such as alpha-linolenic acid is highly inefficient, so it's important to consume them on a regular basis. Unfortunately, the typical Western diet tends to be low in omega-3s. According to the National Health and Nutrition Examination survey (NHANES), more than 95% of adults in the US had omega-3 concentrations below the levels associated with cardiovascular protection.<sup>1</sup> Aggravating this problem is that omega-6 fatty acids are common in many foods that make up a large part of our diets, and omega-6s can interfere with the ratio and balance of omega fatty acids in the body. These factors make a strong case for regular supplementation of omega-3s.\*<sup>2,3</sup>

OmegaGenics EPA-DHA 720 features a concentrated, purified source of pharmaceutical-grade omega-3 fatty acids from sustainably sourced, cold-water fish. Each softgel provides a total of 430 mg EPA and 290 mg DHA.

## Why OmegaGenics EPA-DHA 720?

- TruQuality™ purity guarantee: Every marine oil batch is tested and retested to check for numerous contaminants (e.g., heavy metals, dioxins, PCB markers) and oxidative measures to assure that the final product delivers exceptional quality and freshness
- Unsurpassed freshness: Manufactured with advanced molecular distillation by some of the world's foremost leading experts in fish oil production
- Antioxidant stabilized: Contains antioxidants to protect against oxidation and rancidity
- Sustainable sourcing: From fisheries that practice sustainable fishing to help protect the species and their ocean environments
- Natural lemon-lime flavor



**Form:** 60 Softgels, 120 Softgels, 240 Softgels

**Serving size:** 2 Softgels

Calories	20
Calories from Fat	20
Total Fat	2 g
Cholesterol	5 mg
Marine Lipid Concentrate	2.5 g
EPA (Eicosapentaenoic acid)	860 mg
DHA (Docosahexaenoic acid)	580 mg
Other Omega-3 Fatty Acids	160 mg

**Ingredients:** Marine lipid concentrate [fish (sardine, anchovy, and mackerel) oil], softgel shell (gelatin, glycerin, water), natural lemon flavor, natural lime flavor, mixed tocopherols (antioxidant), rosemary extract, and ascorbyl palmitate (antioxidant). **Contains: Fish (sardine, anchovy, and mackerel).**

**Directions:** Take 2 softgels 1-2 times daily with food or as directed by your healthcare practitioner.

**This product is non-GMO and gluten free.**

**Caution:** Consult your healthcare practitioner if pregnant, nursing, or taking other nutritional supplements or medications. Keep out of the reach of children.

\* 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.

## Scientific Rationale

Among the most well established benefits of EPA and DHA is the support of cardiovascular health. EPA and DHA have been shown to have supportive functions for many aspects of heart health (Figure 1). Among the most consistently shown benefits of EPA and DHA to heart health is the supportive role these fatty acids play in maintaining healthy plasma triglyceride levels.<sup>4,5</sup> EPA and DHA supplementation has also been shown to support healthy blood pressure already in the normal range and healthy heart rate levels.\*<sup>5</sup>

EPA and DHA are involved in the synthesis of several important eicosanoids, which aid in the natural and healthy initiation phase of the immune response.<sup>6</sup>

EPA and DHA also play a role in maintaining the health of many systems in the body, including the musculoskeletal system. For example, daily consumption of EPA and DHA has been reported to support joint health and flexibility in numerous clinical studies. Meta-analyses highlight that daily intake of EPA and DHA of 2.5 g or more can support ease of joint movement.\*

## Not All Fish Oil is Tested Equally

Not all omega-3 supplements are equal. As they are commonly produced from fish, some omega-3s may contain contaminants—e.g., heavy metals such as mercury, lead, and cadmium, as well as environmental toxins and pesticides.<sup>9</sup>

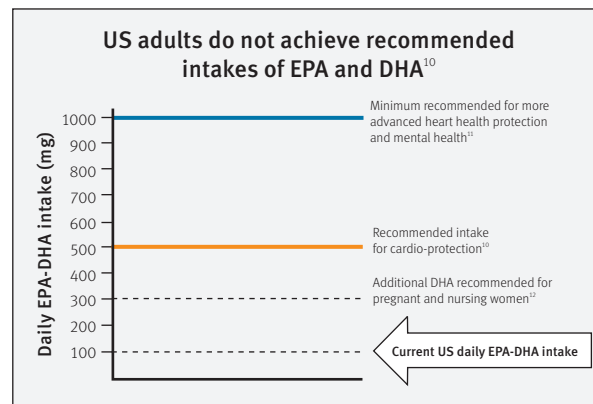
The oil used to produce OmegaGenics EPA-DHA 720 is tested and re-tested at multiple steps for potential contaminants and oxidative measures. These tests are conducted by prestigious independent providers and quality control/assurance staff that maintains exemplary GMP-certified manufacturing standards. In addition, this formulation offers protection against oxidation through addition of natural antioxidants to preserve freshness and potency (Figure 2).

The OmegaGenics EPA-DHA 720 formula exceeds respected industry guidelines for specific tests, including those established by the World Health Organization (WHO), the United States Pharmacopeia, the Global Organization for EPA and DHA Omega-3s Voluntary Monograph (GOED), and the Environmental Protection Agency (EPA).

### References:

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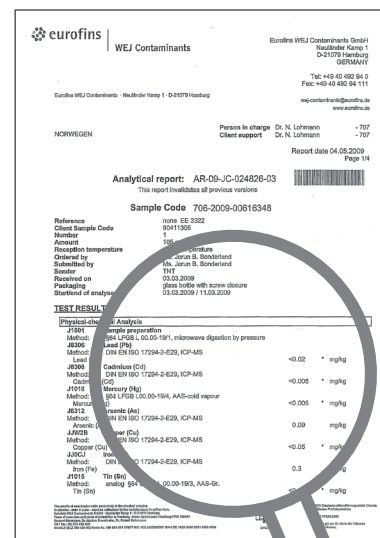
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## Fish oil consumption is associated with beneficial effects to many aspects of healthy cardiovascular function

Fish Oil and Cardiovascular Function <sup>5,6</sup>	
	Heart rate
	Endothelial function
	Plasma triglyceride support
	Platelet aggregation
	Blood pressure

(Figure 1)



(Figure 2)

→ Talk to your healthcare provider today about OmegaGenics EPA-DHA 720.  
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