

# OmegaPure EPA™

Essential Fatty Acids from Coldwater Fish



Available in 60 softgels

## Discussion

**Eicosapentaenoic acid (EPA)** is a long chain omega-3 fatty acid. Although EPA does not significantly affect clotting factors, it does reduce blood viscosity<sup>[1]</sup> and blood triglycerides.<sup>[2]</sup> The finding of a low incidence of acute myocardial infarction among native Greenland Eskimos launched interest in EPA in the 1970's.<sup>[3]</sup> EPA is a precursor for the platelet aggregation inhibitor, prostaglandin-3, and for the eicosanoids, thromboxane-3 and leukotriene-5. It competes with arachadonic acid for inclusion in the lipoxxygenase and cyclooxygenase pathways.\*<sup>[4]</sup>

There is some evidence that EPA supplementation benefits mental health, perhaps due to its healthful effect upon membrane fluidity. Studies showing improvement in mood and behavior have not only demonstrated the effectiveness of 1-2 grams of EPA alone or with standard treatment, but have demonstrated superiority in the effectiveness of the ethyl form, which is identical to the form contained in OmegaPure EPA.\*<sup>[5]</sup>

An eight-week placebo-controlled study with 500mg three times daily of ethyl-EPA showed a modest reduction in the number of daily menopausal hot flashes.<sup>[6]</sup> A similarly designed study showed improvement in menopausal-related poor mood.<sup>[7]</sup> Whether or not supplementation with EPA inhibits lipolysis is not clear; yet, it has been shown to reduce weight loss in cachectic patients. However, this is possibly due to attenuation of the degradation of skeletal muscle.\*<sup>[8]</sup>

Besides its presence in breast milk, algae, and the vegetable, purslane, this polyunsaturated fatty acid (PUFA) is mostly available through consumption of fatty fish (such as sardines and anchovies) and/or their oils, the sources for OmegaPure EPA. This fatty acid may also be obtained by the conversion of alpha linolenic acid (ALA), although conversion is generally inefficient.\*

XYMOGEN's OmegaPure EPA is processed under strictly controlled conditions according to the acceptable published standards of the Council for Responsible Nutrition (CRN) and the World Health

## Clinical Applications

- » Support for manufacture of prostaglandins\*
- » Support for healthy cell membranes\*
- » Support for cardiovascular system\*
- » Support for healthy cognition/mood/behavior\*

*This ultra pure, molecularly distilled oil from anchovies and sardines contains one of the highest concentrations of Eicosapentaenoic Acid (EPA) available, with one softgel meeting the ISSFAL recommendation of 650mg omega-3 per day. EPA is a conditionally essential fatty acid. OmegaPure EPA, like all of XYMOGEN's OmegaPure oils, is third- party tested for purity and freshness.\**

Organization (WHO), as well as the most stringent current standard, the International Fish Oils Standard (IFOS). The oil is molecularly distilled under vacuum. Independent third party testing confirms freshness, purity, and safety.\*

**OmegaPure EPA™ Supplement Facts**

Serving Size: 2 Softgels

	Amount Per Serving	%Daily Value
Calories	20	
Calories from Fat	20	
Total Fat	2 g	3% <sup>†</sup>
Fish Oil Concentrate	2 g	**
EPA (eicosapentaenoic acid)	1.32 g	**
DHA (docosahexaenoic acid)	60 mg	**

<sup>†</sup>Percent Daily Value based on a 2,000 calorie diet.<sup>\*\*</sup> Daily value not established.**Other Ingredients:** Softgel (bovine gelatin, vegetable glycerin, purified water), and mixed tocopherols.**Contains:** Fish (anchovy and/or sardine).**DIRECTIONS:** Take one to two softgels with water daily, or as directed by your healthcare practitioner.

Consult your healthcare practitioner prior to use. Individuals taking medication should discuss potential interactions with their healthcare practitioner. Do not use if tamper seal is damaged.

**DOES NOT CONTAIN:** Wheat, gluten, corn, yeast, soy protein, dairy products, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives.**STORAGE:** Keep closed in a cool, dry place out of reach of children.w**References**

1. Terano T, et al. Effect of oral administration of highly purified eicosapentaenoic acid on platelet function, blood viscosity and red cell deformability in healthy human subjects. *Atherosclerosis*. 1983 Mar;46(3):321-31. [PMID: 6303363]
2. Oya J, Nakagami T, et al. Intake of n-3 polyunsaturated fatty acids and non-alcoholic fatty liver disease: a cross-sectional study in Japanese men and women. *Eur J Clin Nutr*. 2010 Oct;64(10):1179-85. Epub 2010 Aug 4 [PMID: 20683463]
3. Ponte E, Cafagna D, Balbi M. [Cardiovascular disease and omega-3 fatty acids]. *Minerva Med*. 1997 Sep;88(9):343-53. [PMID: 9411311 ]
4. Sakamoto Y, Node K. [Anti-atherosclerotic effect of fibrates and eicosapentaenoic acid]. *Nippon Rinsho*. 2011 Jan;69(1):87-91. [PMID: 21226266]
5. Colin A, [Lipids, depression and suicide]. *Encephale*. 2003 Jan-Feb;29(1):49-58. [PMID: 12640327]
6. Lucas M, et al. Effects of ethyl-eicosapentaenoic acid omega-3 fatty acid supplementation on hot flashes and quality of life among middle-aged women: a double-blind, placebo-controlled, randomized clinical trial. *Menopause*. 2009 Mar-Apr;16(2):357-66 [PMID: 19034052]
7. Lucas M, et al. Ethyl-eicosapentaenoic acid for the treatment of psychological distress and depressive symptoms in middle-aged women: a double-blind, placebo-controlled, randomized clinical trial. *Am J Clin Nutr*. 2009 Feb;89(2):641-51. Epub 2008 Dec 30 [PMID: 19116322 ]
8. Tisdale MJ. Cancer cachexia. *Langenbecks Arch Surg*. 2004 Aug;389(4):299-305. Epub 2004 May 28. [PMID: 15168125 ]

Additional references available upon request

All XYMOGEN® Formulas Meet or Exceed cGMP Quality Standards.

\*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.