

**Opti-EPA™ 500**  
**Cardiovascular Health**

**DESCRIPTION**

Douglas Laboratories' Opti-EPA™ 500 is concentrated marine fish oil, providing enriched levels of eicosapentaenoic acid (EPA, 300 mg) and docosahexaenoic acid (DHA, 200 mg). Opti-EPA™ 500 delivers high levels of EPA and DHA, and is lower in saturated fatty acids than regular marine fish oil. Opti-EPA™ 500 is completely free of cholesterol. The oil is carefully processed and handled to avoid oxidation.

**FUNCTIONS**

The omega-3 fatty acid EPA is the direct precursor for the prostaglandins E1 and E3, whereas DHA is of primary importance for the structural integrity of neuronal membranes. DHA is essential for brain and visual development and is vital throughout pregnancy to support fetal brain growth and formation of the retina and visual cortex. † As the most abundant fatty acid in the brain, adequate amounts of DHA are needed throughout infancy and adulthood for ongoing optimal function. Low levels of DHA may adversely influence behavior and mental performance, and have been correlated with changes in disposition, memory, and vision and other neurological conditions. † Studies have shown that DHA, along with EPA may play an important role in cardiovascular health. One landmark study, the GISSI-Prevenzione Trial, involved over 11,000 people. This was the first large scale trial that showed supplementation of essential fatty acids supporting cardiovascular health. † The exact reasons for such dramatic benefits with respect to heart health remains unknown, but may be related in part to the ability of fish oil to support healthy physiological processes. † Some researchers believe that the body's response to certain factors, along with a fatty diet, can lead to metabolic risk factors. Studies indicate that EPA and DHA can act as precursors for the prostaglandins E1 and E3, and decrease the formation of prostaglandin E2 and thromboxane A2. Omega- 3 fatty acids may be able to modify sodium channels by binding to the channel proteins. This could then help support healthy heart rhythms. †

**INDICATIONS**

Opti-EPA™ 500 is a more convenient source of EPA and DHA than regular marine fish oils for those who would like to supplement their diets with higher amounts of these important omega-3 fatty acids.

**FORMULA (#7089)**

Each softgel contains:

|   |        |
|---|--------|
| Eicosapentaenoic Acid (EPA, 20:5) ..... | 300 mg |
| Docosahexaenoic Acid (DHA, 22:6) .....  | 200 mg |

**SUGGESTED USE**

One to three softgels daily as a dietary supplement, or as directed by a physician. Take with food.

**SIDE EFFECTS**

No adverse side effects have been reported.

**STORAGE**

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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### REFERENCES

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**For more information on Opti-EPA™ 500 visit [douglaslabs.com](http://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.

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Your patients trust you.**

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