



Code: 9353 **NPN:** 80066571
Size: 90 Enteripure® Softgels
Actual Size: 27.03 mm x 10.4 mm



OptiMega-3[®] with Vitamin D3

Supports Cognitive Health and Maintains Cardiovascular Health · One Per Day

- Convenient once-daily dosing in a highly bioavailable softgel
- Pharmaceutical grade omega-3 blend, USP verified for quality and consistency
- Optimal 2:1 ratio EPA to DHA, provides convenient one-per-day dosing
- Free of lipid peroxides and environmental pollutants including heavy metals, pesticides, dioxins, PCBs, and other harmful compounds
- Sourced from wild anchovies, sardines, and/or mackerel – some of the best natural sources of EPA and DHA
- Harvested through sustainable fishing practices

PRODUCT SUMMARY

Vitamin D and omega-3 fatty acids from fish oil are among the most powerful nutrients for improving overall health, and they are also among the most commonly deficient. EPA and DHA improve a number of cardiovascular risk factors including lowering atherosclerotic burden, reducing triglyceride levels and blood pressure, and improving platelet and vascular function. Not only do these fatty acids modulate risk factors, but controlled clinical trials have shown them to be effective in preventing cardiovascular and coronary events, particularly in persons at high risk.

EPA and DHA also support cognitive function through multiple mechanisms, as they are indispensable to neuronal membranes, with lower levels found to be not only a marker for neurological disease, but also a risk factor for cognitive impairment. EPA and DHA are essential to the resolution of inflammatory processes, providing the substrates for anti-inflammatory prostaglandins, resolvins, and protectins.

Vitamin D modifies cardiovascular risk and reduces the risk of autoimmune disease and osteoporotic fractures. It has also been shown to have anti-inflammatory effects, with supplementation particularly important for those with signs of inflammation. Insufficient intake of vitamin D and EPA/DHA has been implicated in brain dysfunction, including impaired serotonin activation, cognitive decline, ADHD, and mood disorders. EPA and DHA combined with vitamin D have synergistic benefits for improving overall wellness.



OPTIMEGA-3® WITH VITAMIN D3
SUPPORTS COGNITIVE HEALTH AND MAINTAINS CARDIOVASCULAR HEALTH · ONE PER DAY

Serving Size: 1 Softgel
Servings per Container: 90

Each Enteripure® Softgel Contains:

Fish Oil Concentrate (Molecularly Distilled, Ultra Purified) (Anchovy, Sardine and/or Mackerel)	1425 mg
Omega-3 Fatty Acids	900 mg
Eicosapentaenoic Acid (EPA)†	600 mg
Docosahexaenoic Acid (DHA)†	300 mg
Vitamin D3 (Cholecalciferol)	1000 IU (25 mcg)

†Ethyl ester form

Non-medicinal Ingredients: Enteripure softgel (gelatin, glycerin, purified water, pectin), natural vitamin E.

Recommended Adult Dose: 1 softgel per day or as directed by a health care practitioner. **Dry Eye Relief:** Use for a minimum of 1 month to see beneficial effects.

Recommended Use: Source of omega-3 fatty acids, EPA and DHA, for the maintenance of good health. Supports cognitive health and brain function, and maintains cardiovascular health. Helps in the development and maintenance of bones and teeth, the absorption and use of calcium and phosphorus, and to prevent vitamin D deficiency. Calcium intake, when combined with sufficient vitamin D, a healthy diet and regular exercise, may reduce the risk of developing osteoporosis. Helps provide relief/improve symptoms of dry eye syndrome (DES) including support for proper tear function.

Caution: Keep out of reach of children. **Dry Eye Relief:** Consult a health care practitioner if symptoms of dry eyes worsen.

Contraindications: Individuals with an allergy to fish or seafood should use caution, though fish oil is rarely allergenic. Both benefit and risk have been documented for those at risk of or being treated for cardiac arrhythmias, with close supervision indicated. Pregnant and nursing women are often advised to consume a minimum of 300 mg DHA per day, and although DHA is recognized as essential to neurological development, no dosage recommendations have been made for children or infants. Supplemental vitamin D should be used with caution in those with sarcoidosis, lymphoma, tuberculosis, hypercalcemia or renal impairment.

Drug Interactions: The antihypertensive effect of fish oil and/or vitamin D may potentially reduce the need or dosage for blood pressure medications, and patients should be closely monitored. Because fish oil has an antithrombotic effect, caution is advised for those on anticlotting, antiplatelet, or anticoagulant medications, or those at high risk of bleeding. However, a multinational randomized and controlled trial found that fish oil did not increase perioperative bleeding, it reduced the number of transfusions needed, and appeared to be associated with a lower risk of bleeding when given pre- and postoperatively. At doses greater than 3 g per day, hyperglycemia has been observed in diabetics and those with hypertriglyceridemia and close monitoring of patients on antidiabetic medication is recommended. Vitamin D may increase the risk of hypercalcemia when taken with a thiazide medication (diuretic). Benefit has been shown when fish oil is taken with statins, SSRIs, anticonvulsant and cytotoxic medications.

Contains no artificial colours, preservatives, or sweeteners; no dairy, sugar, wheat, gluten, yeast, soy, egg, shellfish, salt, tree nuts, or GMOs. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

References available at bioclinicnaturals.com



· GUARANTEED ·

Bioclinic Naturals® products are guaranteed to meet or exceed Good Manufacturing Practices (GMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



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Burnaby, BC V3N 4T6
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Head office Assured Natural Distribution Inc., 104 – 3686 Bonneville Place, Burnaby, BC, Canada V3N 4T6 | **U.S. Distribution office** 14224 167th Avenue SE, Monroe, WA, USA 98272
Customer Service 1-888-826-9625 · Fax 1-844-384-7503 · Email customer@assurednatural.com