



OptiMega-3[®]

Supports Cardiovascular Health
Supports Cognitive Health and Brain Function

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

Code: 9351 **NPN:** 80012786
Size: 180 Enteripure[®] Softgels
Actual Size: 26.7 mm x 9.4 mm



PRODUCT SUMMARY

Omega-3 fatty acids from fish oil 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.

Benefits have also been shown for improving overall health, including a wide variety of cardiovascular, inflammatory, and autoimmune conditions, ranging from cardiac arrhythmias, eczema, and inflammatory bowel disease, to pregnancy and breastfeeding support, rheumatoid arthritis, and neurodegenerative disease. Improvements in cognitive function have been established among youth and adolescents with ADHD, with improved mood and slower cognitive decline among the elderly. Meta-analyses of randomized trials found supplementation improved lipids and HbA1c as well as reduced proteinuria among diabetics, and enhanced insulin sensitivity among individuals with at least one symptom of a metabolic disorder.



To Place Your Order Email: customercare@assurednatural.com
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OPTIMEGA-3®

SUPPORTS CARDIOVASCULAR HEALTH · SUPPORTS COGNITIVE HEALTH AND BRAIN FUNCTION

Serving Size: 1–5 Enteripure Softgels

Servings per Container: 36–180

Each Enteripure Softgel Contains:

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|---|---------|
| Fish Oil Concentrate (Molecularly Distilled, Ultra Purified) (Anchovy, Sardine and/or Mackerel) | 1170 mg |
| Omega-3 Fatty Acids | 630 mg |
| Eicosapentaenoic Acid (EPA)..... | 400 mg |
| Docosahexaenoic Acid (DHA)..... | 200 mg |

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

Recommended Adult Dose: For Cardiovascular Support, Cognitive Health and Reducing Serum Triglycerides:

1 softgel 2–4 times per day or as directed by a health care practitioner. **For Mood Balance:** 1 softgel 3–4 times per day or as directed by a health care practitioner. **For Reducing Pain of Rheumatoid Arthritis:** 5 softgels per day or as directed by a health care practitioner. Keep out of reach of children.

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.

Drug Interactions: The antihypertensive effect of fish oil 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 has traditionally been 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, and 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. 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, corn, 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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Bioclinic Naturals® Canada
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