

## DESCRIPTION:

Scientists first discovered the many benefits of EPA and DHA found in fish oil in the early 1970's. Danish physicians noticed that the Inuit Eskimos of Greenland had an exceptionally low incidence of heart disease, rheumatoid arthritis and diabetes, despite the fact that they eat a high fat diet. Further research discovered that two of the fats they consumed are EPA and DHA from fish. Recent research has established that fish oils (EPA and DHA) play a crucial role in the prevention of atherosclerosis, heart attack, depression and cancer. Clinical trials have shown that fish oils are effective in the treatment of rheumatoid arthritis, diabetes, ulcerative colitis and Raynaud's disease.

Scientists believe that a major reason for the high incidence of heart disease, hypertension, diabetes, obesity, premature aging, inflammatory conditions, mental disease and some forms of cancer is the imbalance between our intake of omega-6 and omega-3 fatty acids. A healthy ratio of omega-6 to omega-3 is 1:1. The average American diet consists of a ratio of 20:1 omega-6 to omega-3 fatty acids.

Omega-6 acids promote inflammation, blood clotting, tumor growth and heart disease. Omega-3 acids have an exact opposite effect. Omega-6 rich foods are margarine, grains, safflower, sunflower oil, corn oil and soy oil. Omega-3 rich foods are fatty fish (cold-water), flaxseed, and walnuts. CardiOmega is a concentrated fish oil supplement containing high amounts of EPA and DHA. Only a few capsules a day help to ensure a healthy 1:1 ratio of omega-6 to omega-3 fatty acids.

## ACTIVES:

**Concentrated-** CardiOmega is a highly concentrated fish oil supplement providing 1.05 grams of EPA and DHA in just two capsules. This makes taking the recommended 1-3 grams of EPA/DHA daily easy and cost effective.

**Ultra-Refined-** The fish oil concentrate in CardiOmega is Ultra-Refined and pharmaceutical grade. This guarantees you a pure, clean fish oil that is free of toxins such as mercury, lead, arsenic and cadmium.

**No Fishy After Taste-** The process used to make CardiOmega alleviates the fishy odor and after taste experienced by some people when taking fish oil supplements.

**EPA/DHA-** EPA is specific for circulation and cardiovascular health and DHA is specific for brain and nerve function.

**Fish Oil the Best Source-** of EPA/DHA because no conversion is necessary in the body and they are readily available. To get EPA/DHA from vegetable sources such as flaxseed, ALA (alpha linoleic acid) must be converted in the body to EPA and DHA and humans are not very efficient in this process. The less healthy the individual, the poorer the conversion. This conversion in some individuals could be less than five percent.

**Anti-Inflammatory Activity-** EPA/DHA inhibit the conversion of arachidonic acid found in red meat to the pro-inflammatory eicosanoids PEE<sub>2</sub>, leukotriene B<sub>4</sub> and thromboxane A<sub>2</sub>.

**Blood Pressure and Clotting-** EPA/DHA is the precursor to TXA<sub>3</sub> and LTB<sub>5</sub> eicosanoids, which reduce platelet aggregation and increases vasodilation. This leads to reduced clotting and decreased blood pressure.

**Triglyceride Lowering Effect-** of EPA/DHA results from the combined effects of inhibition of lipogenesis and stimulation of fatty acids oxidation in the liver.

60 softgels per bottle

Two softgels provide:

Calories	16
Calories from fat	16
Total Fat	1.8 g
EPA (Eicosapentaenoic Acid)	670 mg
DHA (Docosahexaenoic Acid)	335 mg
Total EPA/DHA per serving	1.05 g

Other ingredients: Ultra-refined pharmaceutical grade fish oil concentrate, gelatin (capsule), glycerin, water, rosemary extract, ascorbyl palmitate and mixed tocopherols.

## CLINICAL INDICATIONS:

- *Artherosclerosis* • *Thrombosis* • *High Triglycerides*
- *Memory Loss* • *Inflammation* • *Depression*
- *Rheumatoid Arthritis* • *Arrhythmia* • *Cognitive Function*

**SUGGESTED USAGE:** 1-2 softgels twice daily.

**CONTRAINDICATIONS:** None Known

## DRUG INTERACTIONS:

Strong anti-coagulants, such as coumadin.

## REFERENCES:

1. Simopoulos, Artemis. "Omega-3 fatty acids in health and disease and in growth and development." *American Journal of Clinical Nutrition*, Vol. 54, 1991, pp. 438-63.
2. Pepping, Joseph. "Omega-3 essential fatty acids." *American Journal of Health-System Pharmacy*, Vol. 56, April 15, 1999, pp. 719-24.
3. Connor, William E. "Importance of n-3 fatty acids in health and disease." *American Journal of Clinical Nutrition*, Vol. 71 (suppl), January 2000, pp. 171S-75S.
4. Appel LJ, Miller ER III, Seidler AJ, Whelton PK. "Does supplementation of diet with 'fish oil' reduce blood pressure? A meta-analysis of controlled clinical trials." *Arch Intern Med*. 1993; 153:1429-1438.
5. Connor WE, Prince MJ, Ullman D, et al. "The hypotriglyceridemic effect of fish oil in adult-onset diabetes without adverse glucose control." *Ann NY Acad Sci*. 1993; 683:337-340.
6. Grimsgaard S, Bona KH, Hansen J-B, Nordoy A. "Highly purified eicosapentaenoic acid and docosahexaenoic acids in humans have similar triacylglycerol-lowering effects but divergent effects on serum fatty acids." *Am J Clin Nutr*. 1997; 66:649-659.
7. Kremer JM. "n-3 Fatty acid supplements in rheumatoid arthritis." *Am J Clin Nutr*. 2000; 71: 349s-351s.
8. Von Schacky C, Angerer P, Kothny W, et al. "The effect of dietary omega-3 fatty acids on coronary atherosclerosis. A randomized, double-blind, placebo-controlled trial." *Ann Intern Med*. 1999; 130: 554-562.