



Primary Care Nutritional Support for:
Overall cardiovascular system wellness

**Cell membrane health
Production of "healthy" eicosanoids**

UNIQUE PROPERTIES

Patient One Omega 800 supplies highly purified and concentrated essential Omega-3 fatty acids in their superior triglyceride form, in an evidenced-backed ratio of 420mg of EPA (eicosapentaenoic acid) and 300mg of DHA (docosahexaenoic acid), plus a proprietary antioxidant blend.

Certified pharmaceutical grade fish oil sourced from cold water fish (anchovy, sardine, mackerel), Omega 800 is molecularly distilled and manufacturer-tested as well as third-party tested for contaminants and environmental pollutants. Omega 800 softgels are naturally flavored for a pleasant lemon/lime taste.

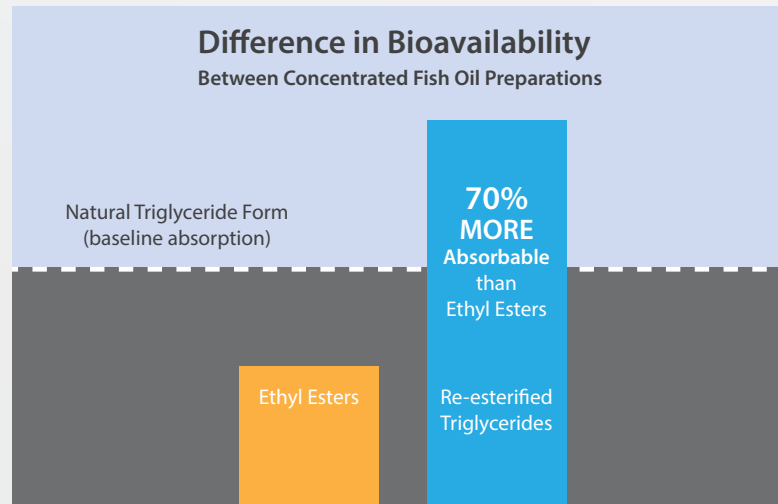
Omega-3 fatty acids EPA and DHA are the two most studied fish oils. Most notably recognized for their beneficial effect on cardiovascular health, Omega-3s have also been studied and shown to be beneficial for brain health, blood pressure support, inflammation modulation and joint health.

PATIENT BENEFITS

- Promotes creation of fluid cell membranes
- Helps keep triglycerides and LDL in healthy range
- Optimizes circulation and blood flow
- Helps maintain BP already within normal range
- Promotes healthy levels of C-reactive protein
- Helps maintain flexible arteries
- Modulates body's inflammatory response

THE "TRIGLYCERIDE FORM" ABSORPTION ADVANTAGE

The health benefits of Omega-3s can only be derived if your body can absorb them. Although scientific research demonstrates the natural triglyceride form as the superior delivery mode of fish oil, very few fish oil concentrates in the marketplace are available in this form because of the higher production costs. Most fish oils contain the "ethyl ester form" of fatty acid, synthetic Omega-3 molecules, shown to be less effective in delivering essential fatty acids to the body during digestion and metabolism. Omega 800 supplies fish oil concentrate in the preferred re-esterified triglyceride form to optimize its effectiveness.



Dyerberg J, et al. Bioavailability of marine n-3 fatty acid formulations. Prostaglandins Leukot Essent Fatty Acids 2010 Sep;83(3): 137-141.

KEY INGREDIENTS

EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid):

The majority of Omega-3s beneficial activities can be traced back to two health-supporting functions in the body—promoting healthy cell membranes and production of eicosanoids.

DHA is an essential component of the phospholipids in human cell membranes, particularly in the brain and retina. In clinical studies, Omega-3s have demonstrated potential to help maintain healthy triglyceride levels. Additionally, a strong correlation has been shown between fish oil consumption and the ability to maintain healthy levels of C-reactive protein. Fish oils have also been studied for their beneficial role in the maintenance of normal blood flow, as they support normal fibrinogen levels (blood clotting), which contributes to normal platelet activity.

DHA and EPA have various mechanisms of action to support normal cholesterol and triglyceride levels, help maintain normal blood flow and pressure, and promote normal platelet activity. DHA and EPA support normal triglyceride levels by promoting normal lipogenesis and supporting normal fatty acid oxidation in the liver. DHA and EPA promote the normal transcription of genes coding for lipogenesis enzymes and promote the normal transportation of the regulatory enzymes of fatty acid oxidation.

EPA is a precursor to eicosanoids (TXA3 and LTB5) and an inhibitor of arachidonic acid synthesis of thromboxane A2, which helps to promote normal platelet activity and normal vasodilation. These effects demonstrate EPA's potential ability to help maintain normal blood pressure and support normal blood clotting. Fish oil may also contribute to the normal production of prostacyclin, a prostaglandin that also promotes normal vasodilation and supports normal platelet activity.

Omega-6—found in abundance in the typical Western diet—may inhibit the incorporation of Omega-3 into tissue lipids. Omega-3s may inhibit the conversion of many Omega-6s into arachidonic acid, often associated with poor heart health. Consuming DHA and EPA Omega-3s appears to help increase these fatty acids while reducing levels of Omega-6s to help restore proper lipid balance and support cardiovascular health.

RESEARCH

The U.S. Physicians' Health Study unveiled some of the most dramatic evidence supporting the link between Omega-3-rich fish and heart health. The eating habits of 20,551 healthy physicians between ages 40-84 were tracked over 11 years. Physicians who consumed one fish meal per week were found to be associated with a 52% lower risk of sudden cardiac death compared to physicians who consumed less than one fish meal per month. Researchers concluded that the prospective data suggest that consuming fish at least once per week may reduce the risk of sudden cardiac death. Further research analyzed the blood levels of Omega-3s EPA and DHA in 15,000 U.S. Physicians' Health Study participants over the course of 17 years. Researchers concluded that those with the highest levels of Omega-3s in their blood showed a 90% reduction in risk for sudden cardiac death compared to those with the lowest levels.¹⁴

Many additional well-designed studies have investigated how Omega-3s impact our cardiovascular system. Among these studies is one that found Omega-3s EPA and DHA make arteries supple and flexible while reducing pulse pressure and total vascular resistance – effects that researchers believe may reduce the risk of adverse cardiovascular events.¹⁷

Another research team conducted a study of 43,000 men aged between 40-75, and discovered that even consuming a small amount of fish (1-3 times per month) was associated with a 43% reduction in risk for ischemic stroke.¹⁶ Yet another study's researchers found that dangerous arrhythmias were significantly reduced for 44% of patients who took fish oil.¹⁵

Supplement Facts

Serving Size: 1 Softgel
Servings Per Container: 120

Amount Per Serving	% Daily Value	
Calories	15	<1%*
Calories from Fat	10	†
Total Fat	1.5 g	2%*
Polyunsaturated Fat	1 g	†
Cholesterol	<5 mg	<2%*
Omega-3 Fatty Acids	800 mg	†
EPA (Eicosapentaenoic Acid)	420 mg	†
DHA (Docosahexaenoic Acid)	300 mg	†
Additional Omega-3 Fatty Acids	80 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established

Ingredients: Highly refined and concentrated Omega-3 fish oil (anchovy, sardine, mackerel), capsule shell (gelatin, glycerin, purified water), natural lemon/lime flavor, proprietary antioxidant blend (consisting of natural tocopherols (soy), rosemary extract, and ascorbyl palmitate).

Contains: fish (anchovy, sardine, mackerel) and non-GMO soybeans

Free of: milk, egg, peanuts, tree nuts, wheat, yeast, gluten, rice, corn, artificial sweeteners, flavors, colors, or preservatives.

Suggested Use: 1-2 softgels daily with a meal

Caution: Use with caution if you use blood thinners or anticipate surgery.

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The statements in this document have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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