

# Marine Fish Oil

1,000 mg / Natural Source of Omega-3 Fatty Acids



## DESCRIPTION

Marine Fish Oils contains a marine lipid concentrate that has been processed by molecular distillation. Our formula is an excellent source of omega-3 fatty acids, providing eicosapentaenoic acid (EPA, 18%) and docosahexaenoic acid (DHA, 12%) in their natural triglyceride form.

## FUNCTIONS

Typical diets in developed countries deliver large amounts of saturated fatty acids and the polyunsaturated omega-6 linoleic and arachidonic acids and low levels of omega-3 fatty acids. Throughout evolution, humans were accustomed to diets providing roughly equal amounts of omega-6 and omega-3 fatty acids. However, during the last 200 years, the ratio of dietary omega-6:omega-3 fatty acids increased from about 1:1 to 20-25:1. Leading health professionals now recommend ratios between 4:1 and 10:1.

A healthy balance of dietary omega-6 and omega-3 fatty acids appears to be a prerequisite for normal immune function. Dietary linoleic acid (18:2 omega-6) is a precursor to arachidonic acid (20:4) which in turn is a precursor for pro-inflammatory prostaglandin E2, leukotriene B4 and platelet aggregating thromboxane A2. The omega-3 fatty acids EPA and DHA provide a natural counterbalance because they serve as precursors for the anti-inflammatory prostaglandins E1 and E3, and decrease the formation of prostaglandin E2 and thromboxane A2. Among other factors, sufficient dietary levels of EPA, DHA and other omega-3 fatty acids are also important in the regulation of normal blood lipoprotein and cholesterol levels.

Marine Fish Oil 1,000 mg is molecularly distilled to remove PCBs, dioxins and heavy metals such as lead and mercury. The process also reduces the oxidation of the oil and helps keep it fresh and stable.

## INDICATIONS

Marine Fish Oil 1,000 mg may be a useful dietary supplement for those who do not consume enough oily fish and other sources of omega-3 fatty acids in their diets to receive desirable amounts of long chain omega-3 fatty acids.

## SIDE EFFECTS

No adverse effects have been reported.

## FORMULA (WW #10306)

### 1 Softgel Capsule Contains:

Calories .....	10
Total fat .....	1 g
Polyunsaturated fat.....	0.5 g
Cholesterol .....	10 mg
Fish oil concentrate .....	1,000 mg
Providing:	
Eicosapentaenoic Acid (EPA) [18%] .....	180 mg
Docosahexaenoic Acid (DHA) [12%] .....	120 mg
Other Ingredients: Softgel (gelatin, glycerin and water) and vitamin E.	

This product contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, preservatives, artificial colors or flavors.

## SUGGESTED USE

As a dietary supplement, adults take 1 softgel capsule, 2 times daily with meals, or as directed by a healthcare professional.

## STORAGE

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

References on following page

## REFERENCES

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†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.

Manufactured For:

**Murray Avenue Apothecary  
LabNaturals, Inc.**

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