

# Super EPA

## *Fish Oil Concentrate*

*plus***LIFE**  
www.pluslife.com.sg

Item # 71250 60 softgels  
Item # 73870 200 softgels

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### **The Possible Benefits of Super EPA, a Dietary Supplement**

- Provides key omega-3 fatty acids EPA and DHA\*
  - Supports cellular membrane integrity and fluidity, especially in the retina and brain\*
  - May support the cardiovascular, musculoskeletal, gastrointestinal and immune systems\*
  - High quality, safe and tested product
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### **Description**

Super EPA Fish Oil Concentrate is a rich source of long-chain polyunsaturated fatty acids of the n-3 (omega-3) type, specifically eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA). EPA has a 20-carbon length and five double bonds, and DHA has a 22-carbon length and six double bonds. The remaining fish oil material is comprised of other fatty acids, such as palmitic and oleic acids, in non-standardized amounts.

Super EPA Fish Oil Concentrate is obtained from cold water fish species such as sardines, anchovies and mackerel, which are found in their natural habitat, the coastal waters of Norway and Peru. The fish oil is molecularly distilled, and each batch is tested to insure purity and the absence of heavy metals and other contaminants.

Standards for fish oil products are important, however, it is important to make sure the standards are real. For instance, there is no such thing as a "pharmaceutical standard" for fish oils. Our Super EPA Fish Oil Concentrate meets or exceeds the actual industry standard, the voluntary monograph of the Council for Responsible

Nutrition (CRN). Super EPA also complies with or exceeds the limits for contaminants set by the European Union directives, including the European Pharmacopoeia and the Norwegian Medicinal Standard.

The concentrated ethyl esters found in Super EPA are highly stable, and are the preferred form of fish oil used throughout Europe and the modern world.\* They are well absorbed, potentially better than triglyceride forms, and have been researched in clinical studies for over 15 years.\* The pharmacokinetics of the various forms of fish oils, whether triglycerides or ethyl esters, are similar. These fatty acids are important for maintaining the fluidity and function of cell membranes throughout the body, and particularly in the retina and the brain.\*

Fish oils have been shown to support cardiovascular function.\* EPA and DHA can inhibit lipogenesis and stimulate fatty acid oxidation in the liver, which both play a role in the body's regulation of triglycerides.\* EPA and DHA may also help maintain healthy blood flow through their involvement with the body's process of regulating fibrinogen levels and platelet

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adhesion.\* EPA and DHA are also thought to support the proper beating of the heart.\*

EPA and DHA are known to support the brain, and the musculoskeletal and gastrointestinal systems.\* DHA is essential for normal fetal and infant brain development, and supports normal brain function throughout life.\* DHA supports normal cognition and mood, through its support of membrane fluidity in brain cells.\* EPA and especially DHA are found in the membrane phospholipids of cells in

the cell-signaling pathways, where they appear to dampen signal transduction associated with arachidonic acid and certain phospholipids.\*

Fish oils may also beneficially modulate immune response.\* Preliminary *in vitro* and animal studies suggest fish oils have potential to support the inhibition of neoplastic transformation, enhancement of apoptosis and inhibition of angiogenesis.\* More research is needed.

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Serving Size: 2 Softgels  
Servings Per Container: 30 or 100

Amount Per Serving:

Calories	20
Calories from Fat	20
Total Fat	2.4 g
Trans Fat	0 mg
Cholesterol	0 mg
Protein	592 mg
Vitamin E (as Mixed Tocopherols)	10 IU
Fish Oil (from Sardines, Anchovies and Mackerel)	2400 mg
Eicosapentaenoic acid (EPA)	720 mg
Docosahexaenoic acid (DHA)	480 mg

Other ingredients: Gelatin, glycerin, water.

**Suggested Use:** As a dietary supplement, 1 or 2 softgels two or three times daily with meals, or as directed by a healthcare practitioner.

**Warnings:** Stop taking before any surgical procedure. If you are hemophiliac or take warfarin, consult your physician before using.

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