

OptiMega-3™

Pharmaceutical Grade

Molecularly Distilled · Ultra Purified

Omega-3 EPA 400 mg · DHA 200 mg

Product Summary

Omega-3 fatty acids from fish oil improve a number of cardiovascular risk factors, including lowering of atherosclerotic burden, reducing triglyceride levels and blood pressure, and improving platelet and vascular function. EPA and DHA are also essential to the resolution of inflammatory processes as well as tissue repair, by providing the substrates for anti-inflammatory prostaglandins, resolvins, and protectins. These essential fatty acids are incorporated into membrane phospholipids, affecting cellular membrane organization, ion permeability, intracellular signaling, gene expression, and the activity of membrane-associated proteins. In clinical trials, omega-3 fatty acids from fish oil have reduced rates of all-cause mortality, cardiac and sudden death, as well as stroke. Benefit has also been shown for improving overall health, as well as for a wide variety of cardiovascular, inflammatory, and autoimmune conditions, ranging from asthma, cardiac arrhythmias, eczema, and inflammatory bowel disease, to pregnancy and breastfeeding support, rheumatoid arthritis, and neurodegenerative disease. Purified fish oils are free of many contaminants, such as heavy metals and PCBs, which continue to be a growing problem associated with the consumption of fish.

Unique Features

- Optimal 2:1 ratio EPA to DHA
- The pharmaceutical grade omega-3 blend is the only fish oil in the world to have achieved the highest USP standard verifying the quality and consistency of the fish oil
- Stringent quality control standards ensure that this highly-purified fish oil concentrate is free from lipid peroxides and environmental pollutants, including heavy metals, pesticides, dioxins, PCBs and other harmful compounds
- Omega-3 fish oil is sourced from wild anchovies, sardines, and/or mackerel, one of the best natural sources of EPA and DHA
 - Harvested through sustainable fishing practices
 - These small fish are less likely to be exposed to toxins because they are short-lived, and low on the food chain
 - Wild fish are superior to farmed fish as they not only have more omega-3s, but contain less saturated fat and no antibiotic or hormone residues
- Highly-bioavailable softgel

OptiMega-3™
 Pharmaceutical grade
 90, 180 softgels
 Codes: 9350, 9351



Actual size: 26.7 mm X 9.4 mm
Feature: Highly bioavailable softgel

Supplement Facts

Serving Size: 1 softgel

Servings per Container: 90 (9350) / 180 (9351)

1 Softgel Provides:

Calories	10
Calories from Fat.....	10
Total Fat	1 g
Polyunsaturated Fat.....	0.5 g
Cholesterol.....	10 mg
Vitamin E (mixed tocopherols).....	3 IU
Fish Oil Concentrate (Molecularly Distilled, Ultra-Purified)	1,065 mg
(anchovy, sardine and/or mackerel)	
Omega-3 Fatty Acids.....	630 mg
Eicosapentaenoic Acid (EPA).....	400 mg
Docosahexaenoic Acid (DHA).....	200 mg

Other Ingredients: Softgel capsule (gelatin, glycerin, purified water).

Contains no artificial preservatives, colours or sweeteners and no dairy, wheat or yeast. Sealed for your protection.

Do not use if seal is broken. For freshness, store in a cool, dry place.

Suggested Usage: 1 softgel 1–3 times per day with meals or as directed by a health care professional.

Contraindication: Individuals with an allergy to fish or seafood should use caution, though fish oil is rarely allergenic. Both benefit and risk from fish oil has 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. While no specific contraindication exists for GLA during childhood, only maternal supplementation has been used at age less than 1 year.

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 and GLA have antithrombotic effects, caution is advised for those on anticlotting, antiplatelet, or anticoagulant medications, or those at high risk of bleeding. At doses of fish oil greater than 3 g per day, hyperglycemia has been observed in diabetics and those with hypertriglyceridemia, and close monitoring of patients on anti-diabetic medication is recommended. Benefit has been shown when fish oil is taken with statins, SSRIs, anti-convulsant, and cytotoxic medications.



· GUARANTEED ·

Bioclinic Naturals products are guaranteed to meet or exceed Good Manufacturing Practices (GMP) of the Canadian Government and the Therapeutic Goods Administration (TGA) regulations of Australia—among the world’s highest standards for natural products.



Recyclable container

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