

OmegAvail™ Hi-Po

1500 mg 1:1 EPA-DHA per serving



By David M. Brady, ND, DC, CCN, DACBN, IFMCP, FACN & Caitlin Higgins, MS, CNS, LDN

THIS INFORMATION IS PROVIDED AS A MEDICAL AND SCIENTIFIC EDUCATIONAL RESOURCE FOR THE USE OF PHYSICIANS AND OTHER LICENSED HEALTH CARE PRACTITIONERS ("PRACTITIONERS"). THIS INFORMATION IS INTENDED FOR PRACTITIONERS TO USE AS A BASIS FOR DETERMINING WHETHER TO RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. ALL RECOMMENDATIONS REGARDING PROTOCOLS, DOSING, PRESCRIBING AND/OR USAGE INSTRUCTIONS SHOULD BE TAILORED TO THE INDIVIDUAL NEEDS OF THE PATIENT CONSIDERING THEIR MEDICAL HISTORY AND CONCOMITANT THERAPIES. THIS INFORMATION IS NOT INTENDED FOR USE BY CONSUMERS.

OmegAvail™ Hi-Po is our highest potency omega-3 fatty acid (FA) product, providing 1500 mg of EPA+DHA per 2 softgels, in a 75% concentration at a 1:1 ratio (750 mg each). This product is optimal for supporting the foundational needs of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) for long-term supplementation. Supplementation with a high concentration of EPA+DHA ensures that the enrichment of tissues with these essential fatty acids occurs much faster than with lower concentrated formulas due to the competitive nature of other fatty acids. FAs have a desirable effect on many conditions; they help support heart health, normal cholesterol and triglyceride levels, immune system function, brain, and nervous system health, joint mobility, healthy skin and hair, and healthy modulation of the inflammatory response.¹⁻³

The Story Behind Omega-3s

The best sources of omega-3 fats are cold-water, wild-caught fish like sockeye salmon, sardines, and mackerel. The omega-3s that come from marine animals are different from the plant forms (such as walnuts and flaxseed), in that many people cannot effectively convert the plant forms to the animal forms, which are the more potent and biologically active versions that the body ultimately requires. Omega-3 essential FAs have been shown to enhance the stability of arterial plaque, benefiting heart health, compared to the omega-6 fatty acids that are derived from unsaturated vegetable oils such as soybean, corn, sunflower, and cottonseed oils.^{1,4} Since most people do not consume cold-water fish regularly, supplementation is critical for those concerned about any of the health issues listed below, and is also recommended for healthy individuals in order to maintain optimum fatty acid content and ratios.

EPA is beneficial for supporting healthy brain function, balanced emotions, skin health, normal cholesterol levels, and a proper inflammatory response.⁵⁻⁸ DHA supports proper brain development and function, visual acuity, maintenance of normal triglyceride levels and blood pressure, eye development, and a healthy pregnancy for expectant mothers.⁹⁻¹³

A meta-analysis showed that EPA and DHA supplementation reduced serum triglycerides and raised high-density lipoprotein cholesterol.¹⁴ In patients with hypertriglyceridemia taking a statin, 4 g/d of EPA significantly reduced the incidence of major cardiovascular events, suggesting cardioprotective effects.^{15,16} Moreover, omega-3 (n-3) polyunsaturated fatty acids with EPA levels $\geq 60\%$ at a dosage of ≤ 1 g/d demonstrated therapeutic effects on the improvement of depression in a recent meta-analysis due to their anti-inflammatory properties.⁷ Inflammation has been shown to contribute to depressive disorders; both EPA and DHA have been shown to decrease the production of inflammatory cytokines TNF-alpha, IL-1beta, IL-2, and IL-6 that are related to depression.⁷ According to a review, high levels of fish consumption and n-3 supplementation demonstrated protective effects against Alzheimer's disease, decreased the incidence of Parkinson's disease (PD) as well as depressive symptoms associated with PD, and improved the quality of life in patients with multiple sclerosis.¹⁷ Compared with the control group who received corn oil, test subjects with rheumatoid arthritis who supplemented 130 mg/kg/day of body weight of n-3 fatty acids for 30 weeks had significant reductions in pain, morning stiffness, and tender joints.¹⁸

Proper fatty acid content and ratios help support:*

- Improved mood and balanced emotions⁵⁻⁷
- Cardiovascular health
- Healthy blood lipid profile¹⁴
- Normal blood pressure¹⁵
- Normal blood glucose metabolism¹⁵
- Neurological function and brain health¹⁵
- Healthy joints^{15,18,19}
- Robust immune health and a healthy inflammatory response²⁰
- Hydrated skin and hair
- Eye health/hydration (DHA is a component of macula)
- Healthy cell membranes

Supplement Facts

Serving Size 2 softgels

Servings Per Container 30

Amount Per Serving	% Daily Value	
Calories	20	
Total Fat	2 g	2%*
Omega-3 Fatty Acids (from fish oil)		
EPA (Eicosapentaenoic Acid)	750 mg	†
DHA (Docosahexaenoic Acid)	750 mg	†

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

†Daily Value not established.

Other Ingredients: Bovine gelatin, purified water, glycerine, annatto (color), natural lemon flavor, DeltaGold® tocotrienols, lipase.

Contains fish (Alaska pollock).

The need for a 1:1 ratio of EPA/DHA in long-term supplementation

A balanced ratio of EPA to DHA is similar to that found in seafood, although a lot of commonly consumed fish contain a slightly higher level of DHA compared to EPA.¹⁹ EPA and DHA were significant elements of human evolutionary diets, with seafood being an important component due to the ease of procurement.^{20,21}

EPA competes with DHA during absorption and incorporation into cell membranes, thus a balanced 1:1 ratio of EPA/DHA provides them with an equal opportunity to optimize the corresponding body contents. Conversely, as a result of supplementation with a high EPA/DHA formula, tissues get enriched much more with EPA than DHA because the conversion of EPA to DHA is very poor.^{22,23}

Both EPA and DHA are beneficial for optimizing health and in reducing the risk of various conditions. However, they differ significantly in the pattern of tissue deposition, the types of active metabolites and specific physiological effects on inflammation, immunity, brain/eye structures and function, blood lipids and blood pressure, as an antiarrhythmic, and more.²⁴⁻²⁹

The TruTG™ Advantage

OmegAvail™ Hi-Po has high bioavailability due to 90+% triglyceride content. The omega-3 fatty acids in this formula are derived from fish oils in their natural triglyceride (TG) form – the same way they naturally occur in fish. Most mass-marketed fish oil supplements come in the synthetic ethyl ester (EE) form. Compared to the TG form, the EE form is more convenient to produce but not as readily recognized, digested, and assimilated by the body, and is more prone to oxidation and production of free radicals. In order to receive the maximum benefits from n-3 fish oil supplementation, it is critical that these fats are provided in the most bioavailable and bioidentical form, the same form that is naturally found in fish and in the tissues of the human body. The TG form is broken down 12-15% faster than the EE form by pancreatic lipase enzyme, which is also included in this formula for enhanced digestion and absorption of fish oils. Because the natural TG form is most easily digested and available for the body to use, this TruTG™ advantage is effective at promoting healthy n-3 levels in the body.

Purity

OmegAvail™ Hi-Po also includes vitamin E isomers (as DeltaGold® delta and gamma tocotrienols), which protect these fragile oils from oxidation and rancidity. Additionally, these fish oils are molecularly distilled and filtered to ensure purity and to maximize the removal of metals, pesticides, PCBs, and other contaminants.

Recommended Use:

- Take two softgels per day with meals, or as directed by your health care practitioner.

Additional DFH formulations are available for special clinical applications based on clinical assessments (e.g., EPA/DHA blood tests) where a higher EPA to DHA ratio is needed including *OmegAvail™ TG1000*, *OmegAvail™ Ultra* and *OmegAvail™ Ultra with vitamin D3, K1, K2, and OmegAvail™ Liquid*. For a lower EPA to DHA ratio, *OmegAvail™ Ultra DHA* is available. *Omegatropic™* is another DFH formulation with an equivalent EPA/DHA ratio that also contains glycerophosphocholine (GPC).

Synergistic Formulas

Brain Vitale: provides CDP-Choline and GPC, which are essential building blocks utilized for incorporation of EPA and DHA in cell membranes*

Inflammatone™, Curcum-Evail® and Annatto-E™ 150/300: support a healthy inflammatory response; complementary and synergistic to the effects of EPA and DHA*

For a list of references cited in this document, please visit:

<https://www.designsforhealth.com/techsheet-references/omegavail-hi-po-references.pdf>

**DeltaGold® is a registered trademark of American River Nutrition, LLC and protected by
US Patent Numbers 6,350,453 and 8,586,109.**

Dosing recommendations are given for typical use based on an average 150 pound healthy adult. Healthcare practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage.

*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.

To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at www.designsforhealth.com.