

OmegAvail™ TG1000

1,000 mg omega-3 per softgel



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™ TG1000 is a highly potent, non-GMO fish oil, containing an impressive 1,000 mg omega-3 fatty acids (FAs) per one softgel serving, making it an ideal choice for flexible dosing. Each softgel contains 662 mg EPA and 250 mg DHA, along with other omega-3 FAs from fish oils, and the digestive aid lipase for enhanced lipid absorption. As with all Designs for Health® fish oil products, OmegAvail™ TG1000 contains the triglyceride (TG) form for superior absorption and bioavailability.

Every cell in the body needs FAs to function properly and maintain optimum health, as they are essential in the process of rebuilding and synthesizing new cells. Two of these fatty acids—omega-6 and omega-3 fatty acids—are essential. As a result of industrialized farming practices and modern food processing technology, the American diet is very high in omega-6 FAs but low in omega-3s. Correcting this imbalance through foods and supplements can be beneficial for the entire body. FAs have a desirable effect on many conditions; they support heart health, normal cholesterol and triglyceride levels, immune system function, brain, and nervous system health, joint mobility, healthy skin and hair, and a healthy inflammatory response.¹⁻³

The TruTG™ Advantage

The omega-3 (n-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.

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 create more stable 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 ratios.

EPA & DHA

Eicosapentaenoic acid (EPA) is beneficial for supporting healthy brain function, balanced emotions, skin health, normal cholesterol levels, and a proper inflammatory response.⁵⁻⁸ Docosahexaenoic acid (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

Proper fatty acid ratios may help support:*

- Healthy mood and balanced emotions⁵⁻⁷
- Cardiovascular health
- Healthy cholesterol and triglyceride levels¹⁴
- Healthy blood pressure¹⁵
- Healthy blood sugar levels¹⁵
- Neurological function and brain health¹⁵
- Healthy joints^{15,18,19}
- Robust immune health and a healthy inflammatory response²⁰
- Hydrated skin, eyes, and hair
- Healthy cell membranes

A meta-analysis showed that EPA and DHA supplementation reduced serum triglycerides and raised high-density lipoprotein (HDL) 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, n-3 polyunsaturated fatty acids (PUFAs) 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- α , IL-1 β , 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 (RA) 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

Exceptional Quality

- Sustainable U.S.-caught fish – 100% sourced from certified sustainable U.S.-caught wild Alaskan fish [(Alaska Pollock (*Theragra chalcogramma*))] and processed in the U.S.
- Care for the ecosystem – Fisheries are managed through a holistic approach that respects and evaluates the impact on the entire Bering Sea ecosystem.
- Certified by MSC – OmegAvail™ TG1000 uses refined omega-3 fish oil concentrate that carries the prestigious ecolabel certification from the Marine Stewardship Council (MSC), the world's leading certification and ecolabeling program for sustainable seafood.

Purity

OmegAvail™ TG1000 uses the latest innovation in EPA/DHA technology to ensure purity and absorption. Vitamin E isomers (as DeltaGold® delta and gamma tocotrienols) are included to protect these fragile oils from oxidation and rancidity. Additionally, these fish oils are molecularly distilled which removes fishy odor and taste and filtered to ensure purity and to maximize the removal of metals, pesticides, PCBs, and other contaminants.

Recommended Use: Take one softgel per day, or as directed by your health care practitioner.

Warning: Consult your health care practitioner before use if you are taking blood thinning medication or are planning to have surgery.

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

<https://www.designsforhealth.com/techsheet-references/omegavail-tg1000-references.pdf>

Dosing recommendations are given for typical use based on an average 150 pound healthy adult. Health care 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.

Supplement Facts

Serving Size 1 softgel

Amount Per Serving	% Daily Value	
Calories	10	
Total Fat	1 g	2%*
Fish Oil Concentrate (TG)	1.25 g	†
Omega-3 Fatty Acids	1 g	†
EPA (Eicosapentaenoic Acid)	662 mg	†
DHA (Docosahexaenoic Acid)	250 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).