

DEPA

A rich source of long-chain omega-3 fatty acids

DESCRIPTION

DEPA, provided by Douglas Laboratories, contains a marine lipid concentrate that has been processed by molecular distillation. DEPA 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.

INDICATIONS

DEPA 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.

FORMULA (#7980)

Each Softgel Contains:

Calories.....	10.5
Calories from Fat	9
Total Fat.....	1 g
Saturated Fat.....	0 g
Polyunsaturated Fat.....	0.5 g
Cholesterol.....	6 mg
Vitamin E.....	1 IU
Natural Triglyceride Marine.....	1000 mg
Lipid Concentrate	
Providing:	
Eicosapentaenoic Acid [EPA] [18%]	180 mg
Docosahexaenoic Acid [DHA] [12%].....	120 mg
Total Omega-3 Fatty Acids	300 mg

SUGGESTED USE

Adults take one softgel daily or as directed by physician.

SIDE EFFECTS

No adverse side effects have been reported.

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Concentrated from fish body oils at low temperatures– NO solvents or chemicals used. NO STARCH, SUGAR, WAX OR PRESERVATIVES.

STORAGE

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

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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.

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