OMEGA 3·6·9 EMULSION provides a pleasant-tasting fish oil supplement designed to promote the digestion and absorption of the essential fatty acids. The health benefits of the omega-3 fatty acids are well documented. Unfortunately, many patients fail to consume adequate levels from dietary sources. Fish oil capsules and liquids are common forms of omega-3 supplementation, however, palatability and unpleasant eructation (i.e. “fish burps”) often lead to issues with patient compliance. Omega 3·6·9 Emulsion provides pharmaceutical-grade fish oil in a unique, creamy texture for a delicious, well-tolerated form of essential fatty acid supplement.*

**EMULSIFICATION** is the process of dispersing one liquid in a second immiscible liquid, such as oil in water. Emulsification of dietary fat is a process which occurs naturally in the intestinal tract as part of the digestion and absorption process. Pre-emulsification of essential fats can drastically increase their absorption and bioavailability. This is especially true of the long chain unsaturated fats which tend to be more resistant to pancreatic lipase. Numerous studies have indicated improved patient tolerance and statistically significant increases in the absorption of pre-emulsified eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) when compared to capsular products. A clinical observation of 24 subjects revealed reduced absorption of EPA by 33.6% and DHA by 44.3% when using a non-emulsified supplement when compared with an emulsified product.*

**SUGGESTED USE:** SHAKE WELL before use. As a dietary supplement, take 2 teaspoons one time per day or as directed by your healthcare professional. REFRIGERATE AFTER OPENING FOR QUALITY and keep tightly capped.

**OTHER INGREDIENTS:** Purified fish oil (salmon oil and/or cod liver oil), water, xylitol, glycerine, gum arabic, natural flavors, citric acid, xanthan gum, guar gum, sorbic acid, turmeric (for color), vitamin E (as D-alpha tocopherol), ascorbyl palmitate (to ensure freshness).

Contains: Fish (from salmon and/or cod liver oil). Contains NO MSG.

*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.
OMEGA 3-6-9 EMULSION

REFERENCES:

and desaturate ALA into EPA and DHA. However, for a variety of reasons including an over consumption of omega-6 fatty acids and inadequate dietary intake of necessary cofactors, this enzymatic process is not efficient in most Americans. For this reason, EPA and DHA can be considered conditionally essential fatty acids. Research has shown that the intake of the longer chain omega-3 fatty acids (EPA/DHA) may improve joint, cardiovascular, cell membrane, and eye health while reducing the risks of neurological disorders and cancers. One of the most well-understood roles of these omega-3 fats is the production of anti-inflammatory eicosanoids. These biological signaling molecules include prostaglandins, thromboxanes, and leukotrienes and produce various localized effects on the inflammatory response. Omega-6 fatty acids, which are more commonly consumed in the American diet, favor the synthesis of pro-inflammatory eicosanoids. Meanwhile, omega-3 fatty acids are more slowly converted to less inflammatory molecules. Their role in modulating the inflammatory response is why intake of longer chain omega-3 fatty acids has been linked to improved cardiovascular health and blood flow. Eicosapentaenoic acid and docosahexaenoic acid are also necessary for neurological health and help support the development and function of the brain and nervous system.

LINOLEIC ACID (LA 18:2 ω-6) is an essential omega-6 fatty acid and is abundant in many vegetable oils. Linoleic acid is a component of cell membranes and is also used in the biosynthesis of both gamma-linolenic acid (GLA 18:3 ω-6) and arachidonic acid (AA 20:4 ω-6). Gamma-linolenic acid has been historically used to treat imbalanced immune and endocrine activity as well as inflammatory skin conditions. Arachidonic acid is essential for the synthesis of prostaglandins which modulate the body’s inflammatory response to injury. Adequate levels of arachidonic acid are essential for proper tissue recovery and wound healing.

OLEIC ACID (18:2 ω-9) is an omega-9 monounsaturated fatty acid. Dietary sources include olive oil, nuts, and avocados. Oleic acid, like all unsaturated fatty acids, helps promote cellular health by supporting cell membrane fluidity. Intake of oleic acid may also support healthy blood lipid profiles by reducing LDL while possibly raising HDL. Substituting dietary saturated fat with monounsaturated fat may also slow the platelet aggregatory response, indicating that oleic acid may support healthy circulation and reduce the risk of clotting.