



O.N.E.™ Omega

Introduced 2014



What Is It?

O.N.E.™ Omega offers 1,000 mg of triglyceride-form EPA/DHA in each softgel, twice the potency of other fish oils, providing omega-3 fatty acid support for cardiovascular, joint, cognitive and skin health.*

Features Include

- Triglyceride-form EPA and DHA
- Solvent-free, supercritical CO₂ based extraction
- Low temperature, oxygen-free processing prevents oxidation reactions
- Stringent purity guidelines established by the CRN and WHO are followed
- Each batch of fish oils tested for environmental contaminants, oxidation and rancidity, and microbial contamination:
 - Acid value (< 3 mg KOH/g)
 - Peroxides (< 5 meq/kg)
 - Anisidine (< 20)
 - TOTOX (< 26)
 - Heavy metals (< 0.1 ppm)
 - Dioxins/furans (< 2 ppt WHO-TEQ)
 - Dioxin-like PCBs (< 3 ppt WHO-TEQ)
 - PCBs (< 0.09 ppm)

Uses For O.N.E.™ Omega

Cardiovascular Health: EPA and DHA from fish oil encourage cardiovascular health by supporting triglyceride and lipid metabolism, maintaining healthy blood flow and promoting healthy platelet function. A randomized, double-blind, placebo-controlled study involving 223 individuals, indicated that fish oil supplementation promotes arterial function. In addition, studies indicate these oils help maintain blood vessel integrity. One study also suggests EPA may moderate protein kinase C, supporting arterial smooth muscle cells.*

Joint Health: Fish oil is also important for optimal joint function. It moderates prostaglandin and leukotriene production, supporting healthy connective tissue. It also plays a role in moderating neutrophil activity, supporting joint comfort. A double-blind, placebo-controlled, prospective study involving 66 subjects revealed fish oil modulates immune mediator activity as well as provides support for joint flexibility.*

Gastrointestinal Tract Comfort: Studies suggest that omega-3 fatty acids may play a role in maintaining healthy gastrointestinal function and comfort by supporting healthy eicosanoid production.*

Skin Health: Omega-3 fatty acids protect keratinocytes and skin fibroblasts from free radicals and immune mediators generated by sun exposure. Additionally, they help promote elasticity and hydration for smoother looking skin.*

What Is The Source?

Each O.N.E. Omega softgel contains fish oil produced through a unique solvent-free supercritical CO₂ extraction method. This method utilizes a low-temperature, oxygen-free processing method to prevent oxidation reactions resulting in a highly pure concentrated fish oil. This process produces 75% less carbon emissions than other methods of fatty acid extraction and purification. Natural tocopherols are derived from purified soybean oil.

Recommendations

Pure Encapsulations® recommends 1 softgel capsule daily, with a meal.

Are There Any Potential Side Effects Or Precautions?

Fish oils may cause burping, gastrointestinal upset or indigestion, nausea, diarrhea, or abdominal bloating. It has a mild blood thinning effect and may influence glucose metabolism in some individuals, typically at larger levels. If pregnant or lactating, consult your physician before taking this product.

(continued)

Are There Any Potential Drug Interactions?

Fish oils may react with blood thinning medications. Consult your physician for more information.

O.N.E.™ Omega

each softgel capsule contains 22 sg

calories	10
calories from fat	10
total fat	1 g
fish oil concentrate (anchovies, jack, herring, smelt, salmon, mackerel, squid).....	1,250 mg
providing:	
EPA (eicosapentaenoic acid)	600 mg
DHA (docosahexaenoic acid)	400 mg
other ingredients: natural mixed tocopherols, rosemary extract (leaf), gelatin capsule (gelatin, glycerin, water)	

Contains fish

1 softgel capsule daily, with a meal.