



## OMEGA 3-6-9

80 capsules: UPC 0 646420 4624 6

NPN # 80000884

150 capsules: UPC 0 646420 4627 7

NPN # 80000884

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### NATURAL HEALTH PRODUCTS DIRECTORATE (NHPD) CLAIMS:

#### Jamieson Omega 3-6-9 is approved for the following NHPD claims:

- A factor in the maintenance of good health
- Helps support cognitive health and/or brain function

### GENERAL INFORMATION

Fatty acids are the basic building blocks of which fats and oils are composed. Certain fatty acids are considered “essential” because they cannot be produced in the body and must be obtained from food or supplement sources. Omega-3s are one type of essential fatty acid (EFA), and include eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA) and alpha-linolenic acid (ALA). EPA and DHA occur naturally in oily, cold-water fish, while ALA is found in sources such as flax seed oil, canola oil and walnuts. Omega-6 EFAs, which include linoleic acid (LA) and gamma-linolenic acid (GLA), are found primarily in unsaturated vegetable oils, such as borage, sunflower, safflower and soybean oils. The omega-3 and omega-6 EFAs are integral to every cell in the body and offer a variety of health-related benefits. Omega-9 fatty acids, such as oleic acid, are also important for health, but are not considered essential because the body can produce a small amount on its own.

In order to supply EFAs, the oils containing these fatty acids should be consumed in pure liquid supplement form, and must not be subjected to heat, either in processing or cooking. These factors can destroy the EFAs and can also result in the creation of free radicals, which can damage cell membranes. In addition, if oils are hydrogenated, this results in the production of trans fatty acids, which can be particularly harmful to the body.

Omega-3, 6 and 9 fatty acids offer several cardiovascular benefits, including lowered serum cholesterol, decreased serum triglycerides and reduction in blood pressure. They also help prevent blood platelets from clotting and sticking to artery walls, thereby allowing blood to flow more smoothly through the vessels.

A study published in the journal *Hypertension* found that supplementing with fish oils helped control blood pressure in patients with increased risk of cardiovascular disease. In this study, 120 men were put on either high-fat or low-fat diets of fish, fish oil, combination of fish and fish oil, or placebo. After the 12-week intervention, those that took fish and fish oil, especially in the low-fat group, had a decrease in systolic and diastolic blood pressure.<sup>1</sup>

Omega-3 and omega-6 fatty acids have anti-inflammatory properties. As such, they can decrease the production of inflammatory compounds that cause the joint swelling and associated pain of rheumatoid arthritis. This provides symptomatic relief from disorders such as arthritis, when used in conjunction with conventional therapy.

A study in the *British Journal of Rheumatology* showed the anti-inflammatory effects of fish oil. In this study, 64 patients with stable rheumatoid arthritis received a DHA fish oil supplement or placebo over 12 months. After this, both groups received only a placebo. There was a significant reduction in the requirement for non-steroidal anti-inflammatory drugs (NSAIDs) for the group who took the fish oil.<sup>2</sup>

Low intakes of polyunsaturated fatty acids, particularly omega-3s, are associated with a higher risk of mood disorders. Low intakes may result in a decrease in the number of receptor sites for serotonin, a neurotransmitter that is related to mood elevation. A review of studies in the *American Journal of Psychiatry* found that a deficiency in omega-3s may affect mood disorders, suggesting omega-3s as a potential treatment for such disorders.<sup>3</sup>

Another study with omega-3 found that when used in bipolar patients the fatty acids positively affected mood. This 4-month preliminary double-blind placebo-controlled study in the *Archives of General Psychiatry* found that when taken in addition to usual treatment in 30 patients

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**For Accidental Overdose** (such as child ingesting formula)  
Dial 911, 0 for operator assistance or call your nearest Poison Control Centre.

**For Professional Use Only**  
The information contained here has been accumulated from many sources.  
Indications are not intended as cures, they are simply a guideline to be used at your professional discretion.

For more information please visit [www.jamiesonvitamins.com](http://www.jamiesonvitamins.com) or call 1-800-265-5088 to speak to a Consumer Affairs representative.



with bipolar disorder, omega-3s were well tolerated and increased short-term course of illness.<sup>4</sup>

Jamieson Omega 3-6-9 provides an ideal balance of EFAs from deep-water fish, organic flax seeds and borage plants. It has been shown that these fatty acids are essential in the healthy development of brain function. As well they are vital to cardiovascular health, as they may help balance levels of healthy and unhealthy fats in the blood, protecting the heart. Omega fatty acids have also been shown to help with the pain of inflammation associated with arthritis. All these factors make it essential to maintain a healthy balance of fatty acids in the body.

Jamieson's Omega 3-6-9 is formulated from natural sources and is pharmaceutically tested to guarantee full potency and absolute clinical purity.

What makes Omega 3-6-9 from Jamieson Laboratories different .....and why does that difference mean better?

- 1) Derived from fresh, pure cold-pressed oils of organic flax, borage and deep-water fish. The active compounds (omega-3, 6 and 9 fatty acids) from these nutrient sources have been scientifically validated and clinically indicated to prevent and treat a host of medical conditions.
- 2) Contains natural vitamin E in the form of d-alpha tocopherol to prevent oxidation and maintain the freshness of the oils.
- 3) The fish oil used in these capsules is purified using a gentle molecular distillation process to remove any trace of mercury and other micro-contaminants.
- 4) Our premium formulations are manufactured using the 360 Pure process - a minimum of 360 quality tests that guarantee traceability and reliability of raw material, product safety, full potency and absolute clinical purity.

## INGREDIENT INFORMATION

Available as 80 or 150 capsules.

### Each capsule contains:

Omega-3 Fatty Acids.....267 mg  
Providing: 170 mg ALA (Alpha Linolenic Acid)

58 mg EPA (Eicosapentaenoic Acid)

39 mg DHA (Docosahexaenoic Acid)

*(Derived from GMO-free flaxseed, and pure molecularly distilled fish oils)*

Omega-6 .....231 mg  
Providing: 169 mg LA (Linoleic Acid)

62 mg GLA (Gamma Linolenic Acid)

*(Derived from GMO-free flaxseed, borage seed oils and pure molecularly distilled fish oils)*

Omega-9 OA (Oleic Acid).....153 mg

*(Derived from GMO-free flaxseed, borage seed oils)*

Natural Vitamin E (d-alpha tocopherol)...6.7 mg AT/10 IU

## EXCIPIENTS

Gelatin, Glycerin.

## DIRECTIONS:

**Adults:** Take 1-3 capsules daily with a meal. Store between 15°-25°C, away from children.

## INDICATED BENEFITS

- Helps support cognitive health and/or brain function.
- Supports a healthy heart.
- Helps support the development of the brain, eyes, nerves in children and adolescents.

## NUTRIENT INTERACTIONS

### Drug Interactions

Anticoagulants, aspirin, cyclosporine therapy (in transplant patients).

### Nutrient Depletions

Mineral oil, orlistat, bile acid sequestrants.

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### Supportive Interactions

Garlic, immunosuppressants, HMG-CoA reductase inhibitors (statins, cholesterol lowering), calcium channel blockers, vitamin E, vitamin C, selenium.

### WARNINGS AND PRECAUTIONS

Consult a healthcare practitioner prior to use if you are taking blood thinners.

### TOXICITY, ADVERSE REACTIONS, AND SIDE EFFECTS

Do not exceed recommended dosage. Side effects of this product may include belching, flatulence, nausea, bloating, and diarrhea.

### REFERENCES

1. Vandongen R, Mori TA, Burke V, Beilin LJ, Morris J, Ritchie J. Effects on blood pressure of omega 3 fats in subjects at increased risk of cardiovascular disease. *Hypertension*. 1993; 22(3): 371-379.
2. Lau CS, Morley KD, Belch JJ. Effects of fish oil supplementation on non-steroidal anti-inflammatory drug requirement in patients with mild rheumatoid arthritis - a double-blind placebo controlled study. *Br J Rheumatol*. 1993; 32: 982-989.
3. Parker G, Gibson N, Brotchie H, Heruc G, Rees AM, Hadzi-Pavlovic D. Omega 3 fatty acids and mood disorders. *Am J Psychiatry*. 2006; 163: 969-978.
4. Stoll AL, Severus WE, Freeman MP, Rueter S, Zhoyan HA, Diamond E, Cress KK, Marangell LB. Omega 3 fatty acids in bipolar disorder: a preliminary double-blind, placebo-controlled trial. *Arch Gen Psychiatry*. 1999; 56(5): 407-12.

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