



WILD SALMON & FISH OILS

OMEGA-3 COMPLEX

UPC CODE 0 646420 2183 0 - 90 softgels

UPC CODE 0 646420 5483 8 - 180 softgels

NPN # 80003356

NATURAL HEALTH PRODUCTS DIRECTORATE (NHPD) CLAIMS:

Jamieson Wild Salmon & Fish Oils Omega-3 Complex is approved for the following NHPD claims:

- A source of Omega 3 fatty acids for the maintenance of good health
- Helps support cognitive health/brain function
- Source of EPA/DHA for the maintenance of good health

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 outside sources. The omega-3 fatty acid alpha-linolenic acid (ALA) and the omega-6 fatty acid linoleic acid (LA) are both considered to be essential fatty acids (EFAs). These are the parent compounds from which other omega-3 fatty acids such as EPA, DHA, and omega-6 fatty acids, such as arachidonic acid (AA) are made. North American diets are often deficient in omega-3 fatty acids, and are high in LA, saturated (“bad”) fatty acids, and trans fatty acids. While LA is an essential fatty acid, it is plentiful in the diet, and it is the parent omega-6 fatty acid from which AA is produced. It is AA that contributes to inflammatory processes in the body.^{1,2}

Although inflammation serves important functions in certain circumstances, an excess of inflammatory substances can have negative health consequences, and tends to occur when

there is not an appropriate balance of anti-inflammatory omega-3 fatty acids in the diet. Saturated and trans fatty acids also increase cholesterol levels in the body, and can affect the integrity of cell membranes. In the body, EPA and DHA compete with metabolic pathways that lead to the formation of AA. Both EPA and DHA occur naturally in oily cold-water fish, such as salmon, making it an excellent source of omega-3 fatty acids.

The omega-3 fatty acids EPA and DHA offer several cardiovascular benefits, including decreased serum triglycerides and reduction in blood pressure.³ They also help prevent blood platelets from clotting and sticking to artery walls, thereby allowing blood to flow more smoothly through the vessels.⁴

Omega-3 fatty acids have anti-inflammatory properties, and can provide symptomatic relief from conditions caused by inflammation. Abnormal levels of inflammatory compounds are responsible for the common symptoms of psoriasis, including itching, scaling, and erythema. Eczema is also caused by an excessive reaction of the immune system, leading to inflamed, irritated and sore skin. The omega-3 fatty acid EPA provides the epidermal cells with the precursors needed to help synthesize natural anti-inflammatory hormone substances called prostaglandins and leukotrienes.⁵ As a result, the production of the inflammatory compounds causing eczema and psoriasis is reduced, leading to relief from symptoms of these skin disorders.⁶ Omega-3 fatty acids also decrease the production of inflammatory compounds that cause the joint swelling and associated pain of arthritis.⁷

The optimal sources of omega-3 fats are EPA and DHA, because these are quickly converted into plasma and membrane lipids, and therefore produce more rapid effects than ALA.

Jamieson Wild Salmon & Fish Oils Omega-3 Complex is formulated from natural sources and

For Accidental Overdose (such as child ingesting formula)
Dial 911, 0 for operator assistance or call you 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 or call 1-800-265-5088 to speak to a Consumer Affairs representative.

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is pharmaceutically tested to guarantee full potency and absolute clinical purity.

What makes Wild Salmon & Fish Oils Omega-3 Complex from Jamieson Laboratories different.....and why does that difference mean better?

- 1) Formulated using EPA and DHA in their natural triglyceride form for optimal bioavailability. Many other EFA products on the market use fish oils in the ethyl ester form which are less stable and not as well absorbed as the triglyceride form.
- 2) The EPA and DHA extracted from salmon, sardines, and anchovies are purified using a gentle molecular distillation process to remove all traces of mercury and other micro-contaminants.
- 3) This pharmaceutical grade product is standardized to contain 18% (180 mg) of EPA and 12% (120 mg) of DHA in each capsule.
- 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 90 or 180 softgels.

Each softgel contains:

Wild Salmon & Fish Oil Complex.....1,000 mg
Omega-3 Fatty Acids.....300 mg
(Derived from 1,000 mg of pure, molecularly distilled wild Alaskan salmon, sardine and anchovy fish oil)

Providing:

Eicosapentanoic Acid TG (EPA).....180 mg
Docosahexaenoic Acid TG (DHA).....120 mg
(in the natural bioactive TG Triglyceride form)

EXCIPIENTS

Gelatin, Glycerin.

DIRECTIONS

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

INDICATED BENEFITS

- A source of omega-3 fatty acids (EPA and DHA) for the maintenance of good health
- Helps support cognitive health/brain function

NUTRIENT INTERACTIONS

Drug Interactions

Anticoagulant medications, aspirin.

Nutrient Depletions

Mineral oil, orlistat, bile acid sequestrants.

Supportive Interactions

Garlic, immunosuppressants, HMG-CoA reductase inhibitors, calcium channel blockers, vitamin E, vitamin C, selenium.

WARNINGS AND PRECAUTIONS

None known when taken as directed.

TOXICITY, ADVERSE REACTIONS, AND SIDE EFFECTS

Do not exceed recommended dosage. Fish oil may cause belching, flatulence, nausea, bloating, and diarrhea.

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