

OmegaLife-3TM



Omega Life-3TM is molecularly distilled and purified high potency fish oil. Tested and shown to be free of mercury, pesticides and other contaminants present in fish. Omega Life 3 contains twice the omega-3 DHA and EPA compared to typical fish oil preparations and over 70% as much compared to Prescription Fish Oil, Omacor. Omacor is \$1.13 per 1000 mg capsule; OmegaLife-3TM is \$0.20 per capsule.

Compared to typical fish oil preparations, **OmegaLife-3** has **twice the Omega-3 DHA and EPA.**

Compared to the Prescription Omacor, **Omega Life-3** has **over 70% of the DHA and EPA, at less than 1/5 the cost.**

Fish Oil Supplements	Omacor (by Rx only)	Purity Products Ultra Pure Omega3	OmegaLife-3 from Unicity International	OmegaBrite	Spectrum	Natrol Omega 3	CVS	Nature Made
EPA	465	325	400	375	180	180	180	150
DHA	375	250	200	50	120	120	120	120
Total EPA +DHA per 1000mg Fish Oil	840	575	600	850 (2 capsules for 1000 mgs)	300	300	300	270
Cost per 1000mg Fish Oil	\$1.13	.058	\$0.20	\$0.70	\$0.15	\$0.07	\$0.07	\$0.07
Cost per 2gms EPA	\$4.86	\$3.75	\$1.00	\$1.87	\$1.67	\$0.78	\$0.78	\$.93
Tablets / capsules per 2 gms EPA	4	6	5	6	11	11	11	13

Click here to order.

Make Life Better

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OmegaLife-3™



Science Brief

Omega-3 fatty acids are n-3 polyunsaturated fatty acids (n3-PUFA). Eicosapentaenoic acid (EPA) and Docosahexaenoic acid (DHA) are the two primary components of omega 3 fatty acids from fish. Diets high in these oils have been long recognized as beneficial for heart disease.

While Statins have been shown very effective for lowering LDL cholesterol, even with maximal doses CV risk is only decreased 30%.¹ To provide maximal patient benefit, multiple risk markers, in addition to LDL, must be addressed. Fish oils have been shown to be helpful by increasing HDL and decreasing triglycerides.²

At doses of 2–4 grams per day, Omega-3's can

- Reduce Triglyceride (TG) levels by 30% - 35%,³
*An increased TG level has been found to be an independent risk factor for CVD.⁴
- Promote a shift of LDL-C to larger, less dense (healthier) particles,^{5,6}
- Raise HDL-Cholesterol,³
- Inhibit platelet aggregation, and
- Reduce ventricular arrhythmias.⁷

Omega-3's are generally well tolerated and compatible with statins and other therapies.

The typical American Diet is estimated to include only 100 -200 mg per day of DHA and EPA.¹ Only high fish intake of the particularly oily fish (mackerel, herring, and salmon) will provide the recommended 2–4 grams per day. In 2003 the US environmental Protection Agency issued warnings about pollutants in fish and fish oil such as mercury, dioxin, DDT, and other chemicals.⁹ Since many are recommending doses above 3,000 mg /day for cardiovascular risk reduction, purified forms of EPA and DHA are essential.

References

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