



## OMEGA<sup>AVAIL</sup>™ HI-PO

750 MG 1:1 EPA-DHA PER SOFTGEL  
60 SOFTGELS | NPN80082039 | OP0060-CN

**OmegAvail™ Hi-Po** is our highest potency omega-3 fatty acid (FA) product, providing 1500 mg of EPA+DHA per 2 softgels, in a 75% concentration at a 1:1 ratio (750 mg each). This product is optimal for supporting the foundational needs of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) for regular supplementation. FAs have a desirable effect on many of the body's systems; they help support heart health, normal cholesterol and triglyceride levels, immune system function, brain, and nervous system health, joint mobility, healthy skin and hair, and healthy inflammatory response.<sup>1-3</sup>

### THE STORY BEHIND OMEGA-3S

The best sources of omega-3 fats are cold-water, wild-caught fish like sockeye salmon, sardines, and mackerel. The omega-3s that come from marine animals are different from the plant forms (such as walnuts and flaxseed), in that many people cannot effectively convert the plant forms to the animal forms, which are the more potent and biologically active versions that the body ultimately requires. Omega-3 essential FAs have been shown to enhance the stability of arterial plaque, benefiting heart health, compared to the omega-6 fatty acids that are derived from unsaturated vegetable oils such as soybean, corn, sunflower, and cottonseed oils.<sup>14</sup> Since most people do not consume cold-water fish regularly, supplementation is indicated for those concerned about any of the health issues listed below, and is also recommended for healthy individuals in order to maintain optimum fatty acid content and ratios.

EPA is beneficial for supporting healthy brain function, balanced emotions, skin health, normal cholesterol levels, and a proper inflammatory response.<sup>5-8</sup> DHA supports proper brain development and function, visual acuity, maintenance of normal triglyceride levels and blood pressure, eye development, and a healthy pregnancy for expectant mothers.<sup>9-13</sup>

A meta-analysis showed that EPA and DHA supplementation reduced serum triglycerides and raised high-density lipoprotein cholesterol.<sup>14</sup> In patients with hypertriglyceridemia taking a statin, 4 g/d of EPA significantly reduced the incidence of major cardiovascular events, suggesting cardioprotective effects.<sup>15,16</sup> Moreover, omega-3 (n-3) polyunsaturated fatty acids with EPA levels  $\geq 60\%$  at a dosage of  $\leq 1$  g/d demonstrated therapeutic effects on the improvement of depression in a recent meta-analysis due to their anti-inflammatory properties.<sup>7</sup> Inflammation has been shown to contribute to depressive disorders; both EPA and DHA have been shown to decrease the production of inflammatory cytokines TNF-alpha, IL-1beta, IL-2, and IL-6 that are related to depression.<sup>7</sup> According to a review, high levels of fish consumption and n-3 supplementation demonstrated protective effects against Alzheimer's disease, decreased the incidence of Parkinson's disease (PD) as well as depressive symptoms associated with PD, and improved the quality of life in patients with multiple sclerosis.<sup>17</sup> Compared with the control group who received corn oil, test subjects with rheumatoid arthritis who supplemented 130 mg/kg/day of body weight of n-3 fatty acids for 30 weeks had significant reductions in pain, morning stiffness, and tender joints.<sup>18</sup>

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## THE NEED FOR A 1:1 RATIO OF EPA/DHA IN LONG-TERM SUPPLEMENTATION

A balanced ratio of EPA to DHA is similar to that found in seafood, although a lot of commonly consumed fish contain a slightly higher level of DHA compared to EPA.<sup>19</sup> EPA and DHA were significant elements of human evolutionary diets, with seafood being an important component due to the ease of procurement.<sup>20,21</sup>

EPA competes with DHA during absorption and incorporation into cell membranes, thus a balanced 1:1 ratio of EPA/DHA provides them with an equal opportunity to optimize the corresponding body contents. Conversely, as a result of supplementation with a high EPA/DHA formula, tissues get enriched much more with EPA than DHA because the conversion of EPA to DHA is very poor.<sup>22,23</sup>

Both EPA and DHA are beneficial for optimizing health and in reducing the risk of various conditions. However, they differ significantly in the pattern of tissue deposition, the types of active metabolites and specific physiological effects on inflammation, immunity, brain/eye structures and function, blood lipids and blood pressure, as an antiarrhythmic, and more.<sup>24-29</sup>

## THE TRUTG™ ADVANTAGE

OmegAvail™ Hi-Po has high bioavailability due to 90+% triglyceride content. The omega-3 fatty acids in this formula are derived from fish oils in their natural triglyceride (TG) form – the same way they naturally occur in fish. Most mass-marketed fish oil supplements come in the synthetic ethyl ester (EE) form. Compared to the TG form, the EE form is more convenient to produce but not as readily recognized, digested, and assimilated by the body, and is more prone to oxidation and production of free radicals. In order to receive the maximum benefits from n-3 fish oil supplementation, it is critical that these fats are provided in the most bioavailable and bioidentical form, the same form that is naturally found in fish and in the tissues of the human body. The TG form is broken down 12-15% faster than the EE form by pancreatic lipase enzyme, which is also included in this formula for enhanced digestion and absorption of fish oils. Because the natural TG form is most easily digested and available for the body to use, this TruTG™ advantage is effective at promoting healthy n-3 levels in the body.

## PROPER FATTY ACID CONTENT AND RATIOS HELP SUPPORT:

- Balanced emotions<sup>5-7</sup>
- Healthy blood lipid profile<sup>14</sup>
- Normal blood pressure<sup>15</sup>
- Normal blood glucose metabolism<sup>15</sup>
- Neurological function and brain health<sup>15</sup>
- Healthy joints<sup>15,18,19</sup>
- Healthy inflammatory response<sup>20</sup>
- Healthy cell membranes

## PURITY

OmegAvail™ Hi-Po also includes vitamin E isomers (as DeltaGold® delta and gamma tocotrienols), which protect these fragile oils from oxidation and rancidity. Additionally, these fish oils are molecularly distilled and filtered to ensure purity and to maximize the removal of metals, pesticides, PCBs, and other contaminants.

## Medicinal Ingredients (per softgel):

Omega-3 Fatty Acids

EPA (Eicosapentaenoic acid) .....	375 mg
DHA (Docosahexaenoic acid) .....	375 mg
Triacylglycerol lipase.....	0.125 mg (275 FCC LU)

**Non-Medicinal Ingredients:** Bovine gelatin, purified water, glycerine, annatto (colour), natural lemon flavour, DeltaGold® tocotrienols, lipase. **Contains fish (Alaska pollock).** **Recommended Dose:** Adults: Take two softgels per day with meals, or as directed by your health care practitioner. Dosing recommendations are given for typical use based on an average 150 pound healthy adult. Healthcare practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage.

## REFERENCES

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