

## Nutra Marine Fish Oil

### Description

NUTRAscriptives' Marine Fish Oil is a pure, concentrated source for omega-3 fatty acids (over 70%), along with extra-strength EPA and DHA. Marine Fish Oil undergoes a multi-step process, including 1) selection from the best fisheries to obtain deep marine sardine, mackerel, and anchovy fish; 2) extraction and winterization of raw oil to retain more long-chain fatty acids and no saturated fat; 3) deodorization and molecular distillation to remove heavy metals, PCBs, and dioxins. Each batch is third party tested to guarantee that it meets strict quality standards for freshness and purity.

### Overview

The benefits of essential fatty acids found in fish oil have been frequently reported by medical journals like *The New England Journal of Medicine* and *Circulation*. Marine Fish Oil is recognized as a beneficial support for cardiovascular health. Additionally, it aids mental function, mood balance, vision support, headaches, joint soreness, and dry skin. NUTRAscriptives' Marine Fish Oil contains extra antioxidants, vitamin E and rosemary, for added lipid oxidation protection. Natural lemon flavor provides a light citrus taste. Available in liquid or gel cap form.

### Research

#### **Inflammation**

Several studies have recognized the significant benefits of omega-3 fatty acids in reducing inflammation, including chronic joint swelling and autoimmune ailments.<sup>1</sup> One study recruited 66 patients with chronic joint inflammation to take omega-3 fats (130 mg/day) or a placebo. Patients taking fish oil found relief from joint tenderness.<sup>2</sup>

Diets high in omega-6 fats (vegetable, sunflower, etc.) can lead to inflammation and various health concerns. Yet, research suggests omega-3 fats can help to counterbalance the ratio of omega-6 fatty acids and reduce inflammatory components.<sup>3</sup> A clinical trial recruited 50 subjects with chronic joint inflammation and a diet high in omega-6 fats (<10 gm/day) to take omega-3 fish oil (40 mg/day). Patients taking fish oil found a decrease in joint inflammation.<sup>4</sup>

#### **Cognitive Function**

Fish oil contains concentrated amounts of DHA, a vital component of phospholipids that are abundant in the brain. Optimum amounts of DHA are important, as a deficiency can lead to mental decline. Researchers found a six-month administration of fish oil (1.7 gm DHA/day, 0.6 g EPA/day) among individuals experiencing a mild cognitive decline improved brain function.<sup>5</sup>

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The effects of fish oil on mental function have been examined in a long-term observational study. Subjects born in 1936 had their cognitive abilities tested in 1947, then again in 2000-2001. Individuals that took fish oil over this duration of time had less cognitive decline than those that did not supplement with fish oil.<sup>6</sup>

Omega-3's can stimulate the sympathetic nervous system to alleviate mental stress among men. By taking 7.2 gm/day of fish oil, adrenal activity that elicits mental stress was suppressed in male subjects.<sup>7</sup>

Healthy cognition is vital to child development. One study observed fish oil can aid cognitive development in children. The infants' mothers (98 women) took fish oil (2.2 gm DHA/day, 1.1 gm EPA/day) or a placebo during pregnancy. Researchers assessed every child's cognitive development at 2 ½ years old finding administration of fish oil during pregnancy was beneficial to a child's eye and hand coordination.<sup>8</sup>

## Cardiovascular Support

An extensive review of studies concerning the benefits of fish oil on cardiovascular health suggest individuals with heart complications should take fish oil to reduce health risks. One review recommends individuals take 1,000 mg of fish oil to decrease the risk of cardiovascular ailments.<sup>9</sup> Another review recommends 800 mg EPA/day and 1,000 mg DHA/day.<sup>10</sup> Furthermore, taking 2,000 mg to 4,000 mg of fish oil/day can aid cholesterol levels.<sup>11</sup> The *American Heart Association* recommends one serving of fish per day for individuals with cardiovascular ailments to receive beneficial omega-3 fatty acids.

One study examined the effects of omega-3 fatty acids on cardiovascular function during exercise training. Elite athletes (25 Australian Rules footballers) were recruited during a five-week training to take 6 g/day of DHA or a placebo. The study found fish oil supplementation improved cardio function and decreased cardio risk factors.<sup>12</sup>

Several studies have recognized even modest doses of fish oil (250 mg/day of EPA and DHA) can offer cardiovascular protection. Risk factors associated with cardiovascular complications can be reduced by 36%.<sup>13</sup>

## Mood Enhancer

A deficiency in DHA can lead to changes in behavior and mood. One study observed the effects of DHA on mental stress by giving 41 students fish oil (1.5 – 1.8 gm DHA/day) or a placebo from the beginning of the fall semester to the middle of final exams. Results indicated norepinephrine concentrations significantly decreased in the DHA group (-31%) suggesting DHA could alleviate mental stress.<sup>14</sup>

Fish oil's mood boosting benefits were reviewed in a twelve-week trial that recruited patients with nervous system degeneration. Results indicated subjects taking fish oil had improvement in their mood, as omega-3 levels increased in the blood.<sup>15</sup>

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## **Eye Health**

DHA, found in fish oil, is also a vital component of eye health, as concentrated amounts are found in the retina. One study observed the effects of DHA supplementation in rats with low DHA levels in their retina, which was caused by prolonged light exposure. DHA diminished the formation of hydroxyl radicals and reduced pressure and inflammation in the retina to improve eye health.<sup>16</sup>

## **Headache**

The benefits of fish oil supplementation may extend to alleviating headaches. One study recruited 27 adolescents with chronic headaches to take fish oil for two months. Subjects reported a significant improvement in headache frequency (87%), duration (74%), and severity (83%), while taking fish oil.<sup>17</sup>

## **Additional Information – Dosage & Interactions**

### **Dosage**

No adverse side effects have been reported with taking as much as 15 gm/day of fish oil. Dosage can range from 3 g/day for individuals with inflammation to 5 gm/day to aid cholesterol levels.

### **Suggested Use**

As a dietary supplement, take one to six soft gels daily, or as directed by a physician. Best when taken with meals.

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## Supplement Facts

Serving Size 1 Softgel

Amount Per Softgel	%Daily Value	
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%†
Saturated Fat	0 g	0%†
Polyunsaturated Fat	1 g	*
Marine Lipid Concentrate	1000 mg	*
Supplying the following Omega-3 fatty acids:		
Eicosapentaenoic acid (EPA)	360 mg** (330 mg***)	*
Docosahexaenoic acid (DHA)	270mg** (250 mg***)	*

†Percent Daily Values are based on a 2,000 calorie diet.

\*Daily Value not established.

Other Ingredients: Gelatin, glycerin, natural mixed tocopherol vitamin E, natural lemon oil, rosemary extract, and water.

\*\*Amounts reported as weight of the fatty acid compound

\*\*\*Amounts reported as free fatty acid (FFA) equivalents by weight in accordance with voluntary CRN Monograph

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## Precautions

The maximum safe dosage of this supplement has not been determined for children, pregnant or nursing women, or those with severe liver or kidney disease. If you have diabetes or bleeding disorders, consult your healthcare professional. As with all supplement regimens, please consult your physician prior to use. Fish oil should supplementation should be stopped prior to surgery.

## Drug Interactions

Consult your physician before taking fish oil if you are on blood thinning medicines (ex: warfarin (Coumadin); Dicumarol), because fish oils have an anti-thrombotic activity.

\*Statements made herein have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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