

# NutriDyn®

## Omega Pure EPA-DHA 2400

Omega-3 Support for Cardiovascular, Immune, Musculoskeletal, Skin, and Cognitive Function\*

### Omega Pure EPA-DHA 2400 Supplementation

Omega Pure EPA-DHA 2400 is an ultra-potent and purified fish oil supplement containing evidence-based doses of the key omega-3 essential fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) in triglyceride form. An extensive body of clinical research has demonstrated the efficacy of supplemental EPA and DHA for:<sup>1-4</sup>

- Healthy cardiovascular function\*
- Healthy immune function\*
- Musculoskeletal support\*
- Skin vitality\*
- Cognitive support\*
- Eurofins batch tested for over 450 potential contaminants\*
- Triglyceride form

### How Omega Pure EPA-DHA 2400 Works

Omega Pure EPA-DHA 2400 provides ample amounts of EPA, DHA, and other omega-3 essential fatty acids, which are imperative for optimal health and wellness.\* Omega-3 fatty acids are considered “essential” because your body doesn’t produce them endogenously. In other words, you need to consume these particular fatty acids from food and/or nutritional supplements.

The major providers of EPA and DHA in the human diet are fish. Unfortunately, eating large amounts of fish is a growing health concern due to noxious heavy metals and environmental toxins that tend to accumulate in marine ecosystems.

For simplicity and practicality, many people choose Omega Pure EPA-DHA 2400 to meet their daily EPA and DHA requirements without having to worry about eating a large amount of fish or ingesting potentially harmful contaminants.

Physiologically, EPA and DHA are found in many parts of the human body, especially in cell membranes, making them integral components of membrane phospholipids. Research suggests that EPA and DHA can promote healthy gene and protein expression, support membrane protein activity, and serve as a reservoir for many biologically important molecules.\*<sup>3</sup> DHA and EPA are also necessary precursors of several metabolites that promote and support general well-being.\*<sup>4</sup>

#### Support for Healthy Cardiovascular & Immune Function\*

Research consistently shows that DHA and EPA are some of the strongest natural promoters of a healthy cardiovascular system and supporters of healthy immune function.\*<sup>5</sup> In fact, clinical research has shown that patients supplementing with a highly concentrated fish oil supplement produced nearly 70% less inflammatory biomarkers than those who didn’t take fish oil.\*<sup>6</sup>



GLUTEN-FREE



DAIRY-FREE



NON-GMO



cGMP FACILITY

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## How Omega Pure EPA-DHA 2400 Works Continued

### Musculoskeletal Support\*

As we age, our joints are exposed to biomechanical and physiological stress through things like exercise and daily activity. As joints and cartilage lose integrity, your body naturally produces more inflammatory biomarkers (which can lead to joint discomfort). Research suggests that supplementing with EPA and DHA may help attenuate joint discomfort and support joint health.\*<sup>7,8</sup>

### Skin Health & Vitality\*

The DHA and EPA in fish oil are postulated to be the primary anti-inflammatory nutrients for skin tissue.<sup>9</sup> Research shows that regular use of a fish oil supplement promotes healthy signaling cascades in the skin.\*<sup>10</sup> DHA and EPA also appear to support healthy oxidative stress in skin tissue.\*<sup>11</sup>

### Cognitive Support\*

EPA and DHA supplementation has been shown to significantly promote cognitive health.\*<sup>12</sup> DHA and EPA are integral components of neuron membrane phospholipids, thereby supporting cognitive function.\*

### What Makes Omega Pure EPA-DHA 2400 Better Than Other Fish Oil Supplements?

Fish oil and omega-3 supplements are not all created equal. Many omega-3 fish oil products provide a seemingly large amount of fish oil, but the source is low-quality and has negligible amounts of EPA and DHA (making the product less effective).

DHA and EPA will determine the benefits you experience from using a fish oil supplement. This is why Omega Pure EPA-DHA 2400 provides an evidence-based dose of EPA and DHA in each serving, ensuring you get a healthy amount of these crucial omega-3s.

### How Much Fish Oil Should I Be Getting?

Research suggests that a combined intake of EPA and DHA between 1,000-3,000 mg per day (in a 3:2 ratio of EPA:DHA) is effective in supporting health and longevity.\*<sup>13</sup> This comes out to 1 serving of Omega Pure EPA-DHA 2400 daily.

## Supplement Facts

Serving Size: 1 Teaspoon (5 mL)

Servings Per Container: 30

	Amount Per Serving	%DV*
Calories	40	
Total Fat	4.5 g	6%*
Cholesterol	20 mg	7%*
Total Omega-3 Fatty Acids	2.8 g	**
EPA (Eicosapentaenoic acid)	1,410 mg	**
DHA (Docosahexaenoic acid)	990 mg	**
Additional Omega-3 Fatty Acids	400 mg	**

**Other Ingredients:** Highly concentrated omega-3 fish oil (anchovy, sardine, mackerel), natural lemon flavor, proprietary antioxidant blend (consisting of natural tocopherols, rosemary extract, and ascorbyl palmitate).

**Contains:** Fish (Anchovy, Sardine, and Mackerel).

**Directions:** Take one teaspoon (5 mL) once daily or as directed by your healthcare practitioner.

**Caution:** Consult your healthcare practitioner if pregnant, nursing, or taking nutritional supplements or medications. Keep out of reach of children.

### References:

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10. Boelsma, E., Hendriks, H. F., & Roza, L. (2001). Nutritional skin care: health effects of micronutrients and fatty acids—*The American journal of clinical nutrition*, 73(5), 853-864.
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13. Kris-Etherton, P. M., Grieger, J. A., & Etherton, T. D. (2009). Dietary reference intakes for DHA and EPA. *Prostaglandins, Leukotrienes and Essential Fatty Acids*, 81(2), 99-104.

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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