

**OmegaMood-EPA:** is a combination of concentrated marine lipids high in eicosapentaenoic acid (**EPA**) **1,000 mg**, supplemented with **100 mg** of docosahexaenoic acid (**DHA**), extracted from various wild fish species. It is extracted by molecular distillation from the **pharmaceutical grade**.

**HEALTH CLAIMS (EU Regulation 432/2012):** EPA and DHA contribute to normal heart function. DHA helps maintain normal brain function and vision. The beneficial effect is obtained with a daily intake of 250 mg EPA and DHA.

**Ingredients:** Fish oil from wild whole anchovies (*Engraulis encrasicolus*), antioxidant (D-alpha tocopherol), softgel (glazing agent: gelatin; humectant: purified water and glycerol).

#### Nutritional information:

#### 1 softgel (1 779 mg)

Wild fish oil*	1 289 mg
Providing essential fatty acids omega-3:	
EPA (eicosapentaenoic acid)	1 000 mg
DHA (docosahexaenoic acid)	100 mg
Other omega-3	20 mg

\* Oils of high purity, molecular distillation.

#### Size and format:

30 softgels

#### Recommended daily dose:

1 softgel daily with food.

Do not exceed the stated recommended daily dose.

#### Indications and uses:

- Depression: Different studies have shown that doses of 1,000 mg/day of EPA are effective in the treatment of depression.
- Cardiovascular system: Helps to lower cholesterol, high blood pressure and reduce the risk of coronary heart disease.
- Inflammation: Regulates the inflammatory response that causes joint pain (arthritis).

**OmegaMood-EPA** is a combination of concentrated marine lipids with a high content of 1,000 mg eicosapentaenoic acid (EPA), supplemented with 100 mg docosahexaenoic acid (DHA), extracted from various wild fish species.

These small fish species (sardine and/or anchovy) have been chosen as they are less prone to accumulate heavy metals and other pollutants, which are abundant in large fish species.

In addition to this, during the production process to which the fish oil is subjected, molecular distillation is used, a method of separation and purification of substances, which together with the rigorous analyses that are carried out, ensures a high-purity oil, with a minimum or null quantity of saturated fats, heavy metals, PCBs and other contaminants, thus obtaining a pharmaceutical grade oil.

DHA plays a more structural role in brain development and composition while the demand for EPA becomes more pronounced during childhood, adolescence and beyond <sup>(1)</sup>. Several studies have shown that EPA supplementation can help improve behaviour, attention span, academic performance and general behaviour <sup>(2-3)</sup>.

#### INGREDIENTS

**OMEGA 3 FATTY ACIDS:** represent a special group of fats that the body needs as much as it needs vitamins or any other dietary nutrient. Unlike many of the critical compounds that the body requires to function properly, and can produce, such as many of the B vitamins and cholesterol, omega-3 fatty acids can only be acquired through diet.

The importance of omega-3 fatty acid intake for normal growth and overall health has been recognised since the 1930s, with the popularity of products such as cod liver oil. It was only after observation of the Inuit people of Greenland in the

1970s that the actual benefits of omega-3 supplementation were discovered. The Inuit live primarily on a fat-rich diet of fish and cold-water mammals rich in omega-3s. Their significantly lower incidence of heart attacks and rheumatoid arthritis prompted extensive research into the benefits of omega-3 fatty acids <sup>(4)</sup>.

Omega-3 acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), are precursors of the series 3 prostaglandins. These prostaglandins are hormone-like substances which, by widening blood vessels, promote blood circulation and lower blood pressure, thus reducing the risk of heart attack or stroke. In addition to cardiovascular health, they have also been associated with proper foetal development and neurodegenerative diseases such as Alzheimer's <sup>(5)</sup>.

**EPA** acts as a precursor for the production of prostaglandins that control the inflammatory response which causes joint ailments such as arthritis, as well as improving the health of arterial walls and helping to prevent arterial clotting that can cause heart attacks and strokes <sup>(6-8)</sup>. EPA maintains the balance between prostaglandins, thromboxanes and leukotrienes. An imbalance between these substances can cause allergic reactions and inflammation <sup>(9)</sup>.

Doses of 1,000 mg/day of EPA have been found to be effective in the treatment of depression <sup>(10-11)</sup>. The antidepressant effect of EPA versus DHA appears to be related to the activation of cytosolic phospholipase A2 (cPLA2) and cyclooxygenase-2 (COX-2) genes, and is independent of the monoamine neurotransmitter system <sup>(12)</sup>. The cPLA2 gene has been linked to major depressive disorders <sup>(13)</sup>. The efficacy of EPA versus DHA seen in several studies <sup>(14-17)</sup> seems to be related not only to its anti-inflammatory action at the brain level <sup>(12)</sup>, but also to EPA's ability to regulate hypothalamic-pituitary-adrenal (HPA) axis dysfunction associated with depression by reducing corticotropin-releasing factor expression and corticosterone secretion <sup>(18)</sup>.

**DHA** is essential for brain and nerve development and improves the quality of the myelin sheath that insulates nerves. DHA has been shown to regulate the function of neurotransmitters, including serotonin, norepinephrine and dopamine <sup>(19-21)</sup>.

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