

Convenient Form of Omega-3s



Distributed By:
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Convenient Form of Omega-3s



Clinical Applications

- Reduces the Production of Arachidonic Acid-Derived Eicosanoids*
- Helps the Body Generate Specialized Proresolving Lipid Mediators, Such as Resolvins and Protectins*
- Supports Cardiovascular Health*
- Supports Healthy Mental Functioning*
- Supports Healthy Glucose and Insulin Metabolism*

*Convenient Form of Omega-3s is ultra-pure, molecularly distilled, and concentrated fish oil that delivers omega-3 essential fatty acids. It is provided in liquid form for convenient and flexible dosing. Vitamin E is added to preserve freshness. Omega-3 fats support cardiovascular health, cytokine balance, joint health, and brain and nervous system function.**

All Clinicians Supplement Consultants Formulas Meet or Exceed cGMP Quality Standards

Discussion

Although docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) can be obtained by including cold-water fish in their diet, many individuals restrict their fish consumption due to the possibility of contaminants. Convenient Form of Omega-3s is sourced from sardines and anchovies. The supplier of the raw materials uses the most current and applicable industry-standard oil-removal methods including a true molecular distillation process and a final refining process to ensure the effective removal of man-made pollutants such as PCBs, dioxins, and mercury. Independent third-party testing in an FDA-registered laboratory of each batch of Clinicians Supplement Consultants's Convenient Form of Omega-3s confirms freshness, potency, purity, and safety. This oil meets the standards needed to comply with California Proposition 65's most up-to-date list, which itemizes chemicals known to cause cancer or birth defects or other reproductive harm and is published annually by the State of California Environmental Protection Agency.*

Omega-3 polyunsaturated fatty acids (PUFAs) play a critical role in the normal development of the brain and central nervous system of the fetus and infant.^[1] Functioning solely via cell membranes that attach them to phospholipid molecules, DHA and EPA are integral to numerous processes affecting membrane fluidity and gene regulation.^[2] DHA is the primary structural fatty acid in the brain's gray matter (~40%) and the eye's retina, and optimizes signal transmission in these organs and throughout the nervous system.^[3] Adequate intakes of this fatty acid are thought to influence memory, vision, and neurological health.^[4-6] Meta-analyses confirm that DHA supports a healthy mood.^[7] DHA also supports healthy immune system balance and positively affects the production of arachidonic acid-derived eicosanoids.*^[8,9]

EPA is a long-chain omega-3 fatty acid. Although EPA does not significantly affect clotting factors, it does support healthy blood flow and blood lipid metabolism.^[10,11] Its association with cardiovascular health among native Greenland Eskimos launched keen interest in EPA in the 1970s.^[12] Like DHA, EPA competes with arachidonic acid for inclusion in the lipoxygenase and cyclooxygenase pathways.*^[13]

***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.**



Supplement Facts

Serving Size: 1 Teaspoon (about 5 mL)
Servings Per Container: About 30

Amount Per Serving %Daily Value		
Calories	45	
Calories from Fat	45	
Total Fat	5 g	8%*
Saturated Fat	0.3 g	2%*
Vitamin E (as d-alpha-tocopheryl acetate)	68 IU	227%
Fish Oil Concentrate	4.6 g	**
Total Omega-3 Fatty Acids	2.48 g	**
EPA (eicosapentaenoic acid)	1.24 g	**
DHA (docosahexaenoic acid)	828 mg	**

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.

Other Ingredients: Sunflower oil, natural orange flavor (no MSG), and stevia leaf extract.

Contains: Fish (anchovy, sardine, and/or mackerel).

Directions

Once daily, measure one teaspoon (5 mL) and consume, add to your favorite drink, or use as directed by your healthcare practitioner.

Consult your healthcare practitioner prior to use. Individuals taking medication (especially blood thinners) should discuss potential interactions with their healthcare practitioner. Do not use if tamper seal is damaged.

References

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Does Not Contain

Wheat, gluten, corn, yeast, soy protein, dairy products, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners, or artificial preservatives.

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