

# Clinical Lipids 2:1

EPA: DHA in a 2:1 ratio for specialised support

**Orthoplex White Clinical Lipids 2:1 delivers a Norwegian sourced, highly concentrated dose of 1000mg combined EPA and DHA per capsule in a 2:1 ratio.**

Clinical Lipids 2:1 has been scientifically developed for practitioners using the Omega-3 Index and for numerous clinical presentations including supporting healthy mood balance and relieving inflammation in healthy individuals. Its exceptional purity and freshness has been independently verified by six international world-leading laboratories.

Our extensive independent third-party testing which occurs **after encapsulation and packaging** includes:

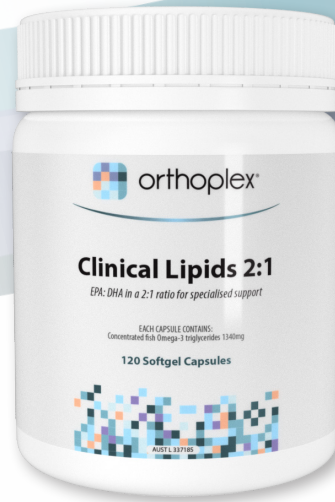
- ✓ More than 460 environmental contaminants
- ✓ Almost 200 pesticides
- ✓ 30 common plasticisers
- ✓ All 3 radioactive isotopes
- ✓ Unprecedented heavy metal purity

**Orthoplex White Clinical Lipids 2:1** also proudly contains:

- ✓ Certified, sustainable, wild-caught fish
- ✓ Non-GMO certified ingredients and excipients
- ✓ Certified organic sunflower-derived Vitamin E
- ✓ No hidden soya oil
- ✓ Salicylate-free lemon oil
- ✓ Free from enteric coating

## Why third-party test for oxidation?

Both the quality and purity of fish oil preparations can significantly impact the bioavailability and pharmacodynamics of the active ingredients.<sup>1</sup> Oxidation of omega-3 PUFAs increases the formation of aldehydes which correlates with a consequent loss of therapeutic benefits, affecting clinical outcomes.<sup>1</sup> Additional considerations include assessing fish oil preparations for oxidation in non-responders.<sup>1</sup>



- ✓ Gluten Free
- ✓ Dairy Free
- ✓ Egg Free
- ✓ Soy Protein Free

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**Pack Size:** 120 softgel capsules

**Adult Dose:** Take 1-3 capsules daily or as recommended by your registered healthcare practitioner.

**Storage:** Store below 25°C in a cool, dry place away from direct sunlight. Refrigerate after opening.



Full disclosure of excipients in every formulation

## Each Softgel Capsule Contains

### Active ingredients:

Concentrated fish Omega-3 triglycerides	1340mg
equiv. Eicosapentaenoic acid	670mg
equiv. Docosahexaenoic acid	335mg

## Indications

- Supports healthy mood balance, learning, nervous system and cognitive function, and cardiovascular health

## Warnings

If symptoms persist, seek the advice of a healthcare professional. Vitamin supplements should not replace a balanced diet. Contains fish oil.

## Excipients

Non-GMO certified: Vitamin E (organic sunflower oil, d-alpha-tocopherol), lemon oil distilled, gelatin, glycerol, purified water.

## Contraindications

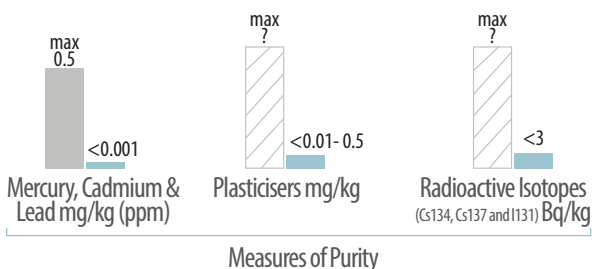
None.

Suitable in pregnancy and lactation.

Information taken from Natural Medicines Database and accurate as of August 2020.

■ Australian Guidelines    ■ Orthoplex White Clinical Lipids 2:1

▨ Testing not mandated by Australian Guidelines



196 Pesticides third party tested with many down to 0.01mg/kg providing unprecedented purity

Please note Orthoplex White products can only be purchased if you are an Orthoplex White approved customer. This medicine may not be right for you. Read the warnings before purchase. If symptoms persist talk to your health professional.



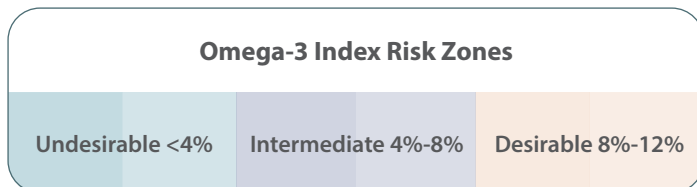
[www.bioconcepts.com.au](http://www.bioconcepts.com.au)



# Technical Information

## Optimising Omega-3 Index

Supplemental omega-3 fatty acids can predictably raise erythrocyte EPA and DHA concentrations in healthy individuals.<sup>2,3</sup> Omega-3 Index testing results are expressed as a percentage of total erythrocyte fatty acids and reflect EPA and DHA intake and status in tissues.<sup>4</sup>



Research indicates that an average healthy adult with a lower Omega-3 Index (i.e. 5%) would require 1.5-2g per day of EPA and DHA for 4 months or more to increase levels to the desirable 8% mark.<sup>2</sup> A review including over 1400 participants from 14 trials demonstrated that 1983mg ± 1297mg/day of EPA and DHA increased the Omega-3 Index from a baseline of 4.9% to 8.1% by the end of treatment.<sup>3</sup>



2-3 capsules per day



4 months

**Desirable Omega-3 Index in healthy populations.<sup>2</sup>**

## Relieve inflammation in healthy individuals

Specific concentration levels of EPA and DHA can improve disease-activity-related markers more effectively than lower doses.<sup>5</sup> A 2018 systematic review and meta-analysis demonstrated doses of ≥3g/d EPA/DHA were more effective at reducing joint soreness when compared to lower doses of ≤3g/d.<sup>5</sup> Daily supplementation of omega-3 fatty acids may also reduce the need for concomitant analgesic medication in some individuals.<sup>6</sup>

## Supporting healthy mood and emotional balance

Guidance from an international panel of mental health experts assessing recent research indicates that an EPA/DHA ratio of ≥2:1 and omega-3 quality are crucial to their mood regulating effects and therapeutic activity.<sup>1</sup> Acute treatment strategies include doses of 1-2g of net EPA daily for a minimum of 8 weeks.<sup>1</sup>

In addition to the benefits seen in EPA/DHA monotherapy, a systematic review and meta-analysis determined 2-6g daily of EPA/DHA for 8-12 weeks to be efficacious and suitable for both acceleration and augmentation of mood-regulating medications.<sup>1,7</sup>

Category	Clinical considerations
General	Clinicians who use Omega-3 are advised to confirm fish hypersensitivities. Both pure EPA and EPA/DHA (ratio 2:1) combinations are effective to support mental wellbeing.
Acute use	The recommended therapeutic dosages are 1-2g/day of total EPA from pure EPA or 1-2g/day EPA from an EPA/DHA (>2:1) combination. It is recommended to start with 1g/day and titrated up to 2g/day if tolerable. For non-responders, the quality of n-3 PUFA supplementary products should be evaluated.
Recurrence and prevention	n-3 PUFAs may be recommended as a potential preventative. When mood balance is established, a lower maintenance dose could be useful.
Safety	As always, monitor when prescribing a new supplement. Refer if this approach is insufficient to support healthy mood balance.

## Mental wellbeing in working populations

In the first study to investigate the effect of omega-3 PUFAs on maintaining a balanced mental state among healthy hospital workers, researchers found that 1200mg EPA and 600mg DHA daily significantly improved scores on validated scales indicative of nervous system health and mood balance.<sup>8</sup>