

# Absolute EPA



## Clinical Applications

- Maintains Normal Inflammatory Balance\*
- High-Intensity Support for Establishing a Positive Mental Outlook\*
- Targeted Support for Joint Comfort and Musculoskeletal Integrity
- Maintains Healthy Cardiovascular Function and Blood Sugar Balance Already Within Normal Limits

**Absolute EPA** is high concentration eicosapentaenoic acid (EPA) fish oil designed for those needing intensive nutritional support of this essential fat. Research shows that EPA promotes a positive mental outlook and has a significant calming effect on the brain. In addition, EPA has been shown to improve joint mobility and support cardiovascular health.

All Absolute Health Formulas Meet or Exceed cGMP Quality Standards

## Discussion

Absolute EPA is sourced from off the Chilean coast, where cold, unpolluted waters provide the cleanest, most sustainable source of fish in the world. Each soft gel delivers 660 mg EPA in the natural triglyceride form for superior absorption. While EPA/DHA combination formulas remain the backbone of any fish oil regimen new evidence has emerged supporting the value of unique formulations of high-intensity EPA for more targeted uses. Fatty acids in the n-3 family are considered essential to humans because our bodies are unable to make them.<sup>1</sup>

**Fish Oil Delivery – Triglycerides vs. Ethyl Esters** While the amount of EPA and DHA provided in a fish oil product is important for efficacy, the type of fish oil delivered is another significant factor in defining fish oil effectiveness. The human body is accustomed to digesting and absorbing EPA and DHA in the natural triglyceride form. Even though triglyceride-based fish oils are the preferred form for superior fish oil absorption, due to cost, most fish oil products available on the market are packaged in semisynthetic ethyl ester form. While less expensive, their unusual structure is resistant to the digestive enzymes which enable fat breakdown. In a study comparing EPA and DHA digestion in both the natural triglyceride and ethyl ester form, five common digestive lipase enzymes were shown to digest fish oil more easily in the natural triglyceride form as compared to the ethyl ester substrate.<sup>2</sup> A review of the existing literature has shown that fish oil provided in the triglyceride form is more efficiently digested and is 70% more absorbable than the ethyl ester form.<sup>3</sup>

**Omega-3 Depletion** Research shows that the typical modern diet does not provide enough omega3s. Symptoms of omega-3 deficiency are common and often overlooked. These may include dry, itchy, or flaky skin, poor sleep quality, poor circulation, eye discomfort and mood imbalance.<sup>2</sup> Low levels of EPA have been linked with mood imbalance, cognitive impairment, and neuropathy.<sup>3</sup>

**Mood Balance** Long-chain n-3 fatty acids such as EPA are important components of membranes within neurological organs and tissues. They affect membrane fluidity and influence synaptic function and possibly serotonin and dopamine metabolism.<sup>4,5</sup> In several studies, fish consumption has been directly linked to decreased risk of low mood, especially in women,<sup>6,7</sup> and several clinical trials have used n-3 fatty acids to promote a positive mental outlook.<sup>8</sup> Studies to date have shown 1 g of EPA was shown to improve low mood scores in patients<sup>9</sup> and among a similar population, 2 g/day of a comparable preparation had highly significant improvement in mood scores.<sup>10</sup> Previous reports suggest there is a link between low EPA levels and the most extreme signs of a negative mental outlook.<sup>11</sup>

**Joint Discomfort and Inflammatory Balance** EPA can form eicosanoids, which function to counteract the activity of eicosanoids derived from arachidonic acid,<sup>12</sup> a mechanism known to maintain normal inflammatory balance.<sup>13,14</sup> Numerous studies point to the key role of EPA to improve joint discomfort and to promote musculoskeletal strength.

**Cardiovascular Health and Blood Sugar Metabolism** Several large, randomized clinical trials have proven the benefits of EPA in cardiovascular health. EPA has been found to diminish oxidative stress and promote cardiomyocyte strength<sup>15</sup> and an eight-week long usage of EPA resulted in a significant percentage reduction of c-reactive protein levels<sup>16</sup>.

\*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.

Absolute Health  
7350 SW 60th Ave., Suite 2  
Ocala, FL 34476  
www.AbsoluteHealthOcala.com

Absolute EPA



# Supplement Facts <sup>V3</sup>

Serving Size 1 Soft Gel Capsule  
Servings Per Container 60

1 soft gel capsule contains	Amount Per Serving	% Daily Value
Calories	15	
Total fat	1.5 g	2%*
Cholesterol	5 mg	2%
EPA (Eicosapentaenoic Acid)	660 mg	**
DHA (Docosahexaenoic Acid)	60 mg	**

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

## Directions

Take 1 soft gel capsule per day or as directed by your healthcare practitioner.

## Does Not Contain

Gluten, corn, yeast, artificial colors, and flavors.



## References

1. Connor WE. Importance of n-3 fatty acids in health and disease. *Am J Clin Nutr.* 2000 Jan;71(1 Suppl):171S-5S.
2. University of Maryland (UMM).
3. <http://pi.oregonstate.edu/infocenter/othernuts/omega3fa/>
4. Hibbeln JR, Linnoila M et al. Essential fatty acids predict metabolites of serotonin and dopamine in cerebrospinal fluid among healthy control subjects, and early- and late onset alcoholics. *Biol Psychiatry.* 1998; 44(4):235-42.
5. Hirashima F, Parow AM et al. Omega-3 fatty acid treatment and T(2) whole brain relaxation times in bipolar disorder. *Am J Psychiatry.* 2004; 161(10):1922-4.
6. Timonen M, Horrobin D et al. Fish consumption and depression: the Northern Finland 1966 birth cohort study. *J Affect Disord.* 2004; 82(3):447-52.
7. Tanskanen A, Hibbeln JR et al. Fish consumption and depressive symptoms in the general population in Finland. *Psychiatr Serv.* 2001; 52(4):529-31.
8. Logan AC. Omega-3 fatty acids and major depression: A primer for the mental health professional. *Lipids Health Dis.* 2004; 3(1):25. ID# 448060 60 Soft Gel Capsules 1 soft gel capsule contains EPA (Eicosapentaenoic Acid) % Daily Value \*\* 2%\* DHA (Docosahexaenoic Acid) \*\*\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value not established 660 mg 60 mg Amount Per Serving Serving Size 1 Soft Gel Capsule Supplement Facts Servings Per Container 60 V3 Calories 15 Total fat 1.5 g Cholesterol 5 mg 2% †.
9. Peet M, Horrobin DF. A dose-ranging study of the effects of ethyl-eicosapentaenoate in patients with ongoing depression despite apparently adequate treatment with standard drugs. *Arch Gen Psychiatry.* 2002; 59(10):913-9.
10. Nemets B, Stahl Z, Belmaker RH. Addition of omega-3 fatty acid to maintenance medication treatment for recurrent unipolar depressive disorder. *Am J Psychiatry.* 2002; 159(3):477-9.
11. De Vriese SR, Christophe AB, Maes M. In humans, the seasonal variation in poly-unsaturated fatty acids is related to the seasonal variation in violent suicide and serotonergic markers of violent suicide. *Prostaglandins Leukot Essent Fatty Acids.* 2004; 71(1):13-8.
12. James MJ, Gibson RA, Cleland LG. Dietary polyunsaturated fatty acids and inflammatory mediator production. *Am J Clin Nutr.* 2000; 71(1 Suppl):343S-8S.
13. Bagga D, Wang L, Farias-Eisner R, Glaspy JA, Reddy ST. Differential effects of prostaglandin derived from omega-6 and omega-3 polyunsaturated fatty acids on COX-2 expression and IL-6 secretion. *Proc Natl Acad Sci U S A.* 2003; 100(4):1751-6.
14. Calder PC. N-3 polyunsaturated fatty acids and inflammation: from molecular biology to the clinic. *Lipids.* 2003; 38(4):343-52.
15. Hsu HC, Chen CY, Chiang CH, Chen MF. Eicosapentaenoic acid attenuated oxidative stress-induced cardiomyoblast apoptosis by activating adaptive autophagy. *Eur J Nutr.* 2013 Jul 26. [Epub ahead of print].
16. Muhammad K, Morledge t, Saachar R, et al. *ClinL - Omega-3 FAs Reduce Serum C-reactive Protein Concentration. Treatment with ?-3 Fatty Acids Reduces Serum. C-reactive Protein Concentration. Clin. Lipidol.* 2011. 6 (6), 723-729.

\*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.