



Omega-3 fatty acids in bioavailable triglyceride form

APPLICATIONS / BENEFITS

- High EPA (to DHA) formula for targeted health needs
- Concentrated, physiologically active dose
- Helps regulate inflammatory pathways
- Promotes cardiovascular health
- Supports brain function and healthy mood

OVERVIEW

Patient One Omega 2800 supplies highly purified and concentrated Omega-3 fatty acids as triglycerides in a liquid delivery system. Omega 2800 is formulated in a high EPA (eicosapentaenoic acid) to DHA (docosahexaenoic acid) ratio for targeted health effects.

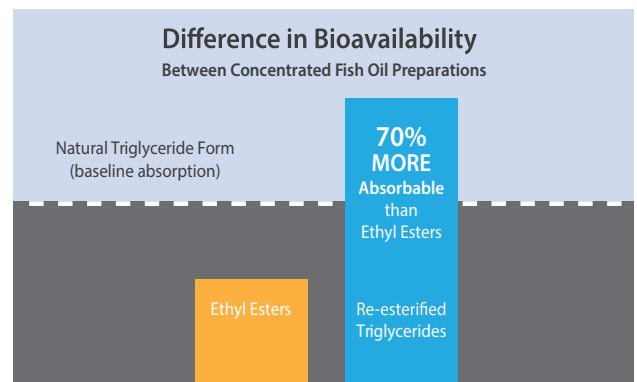
Certified pharmaceutical grade fish oil sourced from Norwegian cold water fish (anchovy, sardine, mackerel), Omega 2800 is molecularly distilled and manufacturer-tested as well as third-party tested for contaminants and environmental pollutants. Our processing technology and proprietary natural lemon flavoring ensures no fishy smell, taste, or aftertaste.

Omega 2800 is a rich source of Omega-3 long-chain polyunsaturated fatty acids. Omega-3 fatty acids EPA and DHA are the two most studied fish oils, each with different roles and actions in the body. Both EPA and DHA are considered to be key regulators of platelet aggregation, immunity and inflammation, although their actions and effects in the body differ. The most abundant Omega-3 in cell membranes, DHA is present in all organs and most plentiful in the brain and retina, playing an important structural role. EPA is present structurally in only minute quantities, always being utilized and under constant demand to be replaced. DHA primarily provides structural function, while EPA may be the dominant functional fatty acid in a range of health areas, particularly in inflammatory conditions. EPA is a precursor to many immune messengers—eicosanoids—which have anti-inflammatory roles.

Omega-3s, particularly in higher EPA-to-DHA ratios, have been studied and shown to be beneficial for inflammation modulation, brain health, cardiovascular function and joint health. High EPA Omega 3s have also been well studied for their mood-stabilizing properties.

THE "TRIGLYCERIDE" FORM ABSORPTION ADVANTAGE

The many health benefits of Omega-3s can only be derived if your body absorbs the fatty acids. Although scientific research demonstrates the triglyceride form as the superior delivery mode of fish oil, very few fish oil concentrates in the marketplace are available in this form because of the higher production costs. Most fish oils contain the "ethyl ester" form of fatty acid, synthetic Omega-3 molecules, shown to be less effective in delivering essential fatty acids to the body during digestion and metabolism. Omega 2800 supplies fish oil concentrate in the preferred re-esterified triglyceride form to optimize its effectiveness.



Dyerberg J, et al. Bioavailability of marine n-3 fatty acid formulations. Prostaglandins Leukot Essent Fatty Acids 2010 Sep;83(3): 137-141.

RESEARCH

- The Japan EPA Lipid Intervention Study (JELIS) demonstrated that EPA (eicosapentaenoic acid) administration reduces the risk of cardiovascular disease.
- A meta analysis of randomized, placebo-controlled trials showed that EPA appears to be responsible for the efficacy of Omega-3 fatty acids in affecting mood.
- Research showed that atherosclerotic plaques readily incorporate EPA. A higher plaque EPA content is associated with a reduced number of foam cells and T cells, less inflammation and increased stability.
- Studies have shown that by increasing the ratio of Omega 3 to Omega 6 fatty acids in the diet, and consequently favoring the production of EPA in the body, or by increasing the dietary intake of EPA and DHA through consumption of fatty fish or fish-oil supplements, reductions may be achieved in the incidence of many chronic diseases that involve inflammatory processes.
- Evidence supports that fatty acid deficiencies or imbalances in expectant mothers or children contributes to childhood neuro-developmental disorders.

REFERENCES

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2. Martins JG. EPA but not DHA appears to be responsible for the efficacy of omega-3 long chain polyunsaturated fatty acid supplementation in depression: evidence from a meta-analysis of randomized controlled trials. J Am Coll Nutr. 2009 Oct;28(5):525-42.
3. Yokohama M., Origasa H., et al. Japan EPA lipid intervention study (JELIS) investigators. Effects of eicosapentaenoic acid on major coronary events in hypercholesterol patients (JELIS): a randomised open-label, blinded endpoint analysis. Lancet. 2007 Mar 31;369(9567):1090-8.
4. Ginty AT, Conklin SM. Short-term supplementation of acute long-chain omega-3 polyunsaturated fatty acids may alter depression status and decrease symptomology among young adults with depression: A preliminary randomized and placebo-controlled trial. Psychiatry Res. 2015 Sep 30;229(1-2):485-9.
5. Archives of General Psychiatry. 2002. 59: 913-919.

Supplement Facts

Serving Size: 1 Teaspoon (5 ml)

Servings Per Container: about 30

| Each Teaspoonful Contains | | % DV* |
|---------------------------------------|---------|-------|
| Calories | 40 | |
| Total Fat | 4.5 g | 6% |
| Cholesterol | 10 mg | 3% |
| Omega-3 Fatty Acids † (from Fish Oil) | 2800 mg | ** |
| EPA (Eicosapentaenoic Acid) † | 1400 mg | ** |
| DHA (Docosahexaenoic Acid) † | 925 mg | ** |
| Additional Omega-3 Fatty Acids † | 475 mg | ** |

* Daily Values based on 2,000 calorie diet
** Daily Value not established † Triglycerides

Other Ingredients: natural lemon flavor, proprietary antioxidant blend (natural tocopherols, rosemary extract, ascorbyl palmitate)

Contains: fish (anchovy, sardine, mackerel)

Free of: milk, egg, peanuts, tree nuts, wheat, yeast and gluten. Free of ingredients derived from GMOs.

Suggested Use: Take 1/2 to 1 teaspoon daily, with a meal, or as directed by your health practitioner. Refrigerate after opening and use within 60 days of opening.

Purity Certified: Omega 2800 ultra-pure triglyceride form is highly refined and concentrated, pharmaceutical grade Omega 3 fish oil, molecularly distilled and third-party tested for environmental toxins, including heavy metals, dioxins and PCBs.

Caution: If you are pregnant, nursing, taking blood thinners or any medications, or anticipate surgery, consult your health practitioner before use. Discontinue use and consult your health practitioner if any adverse reactions occur. **Keep out of reach of children.**

Gluten Free

Non-GMO

Liquid



The statements in this document have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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