Omega-3 HiPo

A True Triglyceride Omega-3 Oil

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The Designs for Sport Difference

Omega-3 fatty acids are essential, which means the body cannot produce them; they must be obtained from foods or supplements. Every cell in your body is lined with fat and the quality of that fat is important for healthy membranes, Omega 3 HIPO provides a potent 1500 mg of omega-3 fatty acids (750 mg each of EPA and DHA per 2-softgel serving) in order to support an optimal body balance of these beneficial fatty acids. The revolutionary gelcap contains lipase, a digestive aid to ensure maximum absorption, lipase helps to prevent any fishy aftertaste, known as 'repeat,' (a.k.a. "fishy burps") which sometimes occurs with fish oil supplements.

Why a 1:1 Ratio of EPA:DHA

EPA is converted into DHA in the body; for some this conversion is not efficient.[1,2] EPA competes with DHA during absorption and incorporation into cell membranes, thus a balanced 1:1 ratio of EPA/ DHA provides an equal opportunity to optimize the corresponding body contents. This formula has a 75% concentration of EPA+DHA, which enables a faster body enrichment with these beneficial fatty acids. This concentration is much higher than that of most other fish oils commonly available, which allows it to impart its health benefits much faster.

Eicosapentaenoic Acid (EPA)

Beneficial for supporting a healthy brain, balanced emotions, skin health, normal cholesterol levels, and a proper inflammatory response*

Docosahexaenoic Acid (DHA)

Supports proper brain development and function, visual acuity, maintenance of normal triglyceride levels and blood pressure, eye development and a healthy pregnancy for expectant mothers*

TRIGLYCERIDE VS ETHYL ESTER

TRIGLYCERIDE (TG)	ETHYL ESTER (EE)
• Most bioavailable form of fish oil • Form found in nature • 100% more bioavailable compared to EE • Less prone to oxidation, rancidity and the production of free radicals • Hydrolyzed by pancreatic lipase 12-15 x faster than EE	• Difficult to assimilate (does not have the Omega-3 fatty acids re-esterified to the glycerol backbone) • Less stable • 50x more resistant to pancreatic lipase

*Designs For Sport fish oil products are 90-100% TG bound Omega-3 fish oils, which are 40-50% higher than the industry standard

USES

The use of omega-3 essential fatty acids can support:

- Healthy joint function
- Healthy immune function and a normal inflammatory response
- Skin and hair hydration
- Eye health/hydration
- Cardiovascular health
- Healthy moods and balanced emotions
- Healthy cell membranes
- Cognitive function, memory, and brain health

TRU TG™ Fish OILS: The most pure, efficacious and stable Omega oils available.

In line with our bioidentical nutritional philosophy, all of our fish oils are a natural triglyceride (TG) form in order to more closely mimic that which is found in nature. EPA and DHA are found naturally in fish in this triglyceride form, which is the form that the body prefers.

Recent research has shown that fish oils in the triglyceride (TG) form have superior bioavailability compared to fish oils in the ethyl ester (EE) form. Studies have shown that:

- TG fish oils are hydrolyzed by pancreatic lipase 12 to 15 times faster than the EE form
- EE fish oils are up to 50 times more resistant to pancreatic lipase
- Bioavailability of the TG form was superior compared to the EE form, which demonstrated inferior bioavailability
- TG fish oils have a faster and higher increase in the omega-3 index when consumed as triglycerides than when consumed as ethyl-esters
- TG fish oils are less prone to oxidation and production of free radicals compared to the EE form

For these reasons, all Designs for Sport fish oils products are provided in the TG form and carry the TruTG™ seal, which means they contain a minimum 90% triglyceride-bound omega-3 fish oils, a level that is 40%-50% higher than the industry standard for TG fish oil. Our fish oils are molecularly distilled and filtered to ensure purity and to maximize the removal of heavy metals, pesticides, solvents, PCBs and other contaminants.

Supplement Facts

Serving Size 2 softgels
Servings Per Container 60

Amount Per Serving		% Daily Value
Calories	20	
Total Fat	2 g	2%*
Omega-3 Fatty Acids (from fish oil)		
EPA (Eicosapentaenoic Acid)	750 mg	†
DHA (Docosahexaenoic Acid)	750 mg	†

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

Other Ingredients: Bovine gelatin, purified water, glycerine, annatto (color), natural lemon flavor, DeltaGold® tocotrienols, lipase. **Contains fish (Alaska pollock).**

GLUTEN FREE FORMULA · DAIRY FREE FORMULA · SOY FREE FORMULA · NON GMO GMO INGREDIENTS

HOW TO TAKE:

As a dietary supplement, take two softgels per day with meals, or as directed by your health care practitioner.

References:
[1] Lang, L-Y., A. Kuksis, and J. J. Myher. Lipolysis of menhaden oil triacylglycerols and the corresponding fatty acid alkyl esters by pancreatic lipase in vitro: a reexamination. J. LipidRes. 1990;31:137-148.
[2] J. Dyerberg, P. Madsen, J.M. Møller, I. Aardestrup, E.B. Schmidt. Bioavailability of marine n-3 fatty acid formulations. Prostaglandins, Leukotrienes and Essential Fatty Acids. 2010;83:137-141.
[3] Neubronner J, Schuchardt JP, Kressel G, Merkel M, von Schacky C, Hahn A. Enhanced increase of omega 3 index in response to long term n-3 fatty acid supplementation from triacylglycerides versus ethyl esters. Eur J Clin Nutr. 2011;65(2):247-54.
*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.