

WILD OMEGA-3 is a combination of concentrated marine oils extracted from different species of wild fish. These marine oils are very rich in the omega-3 essential fatty acids: eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

These species of small fish have been chosen because they are less likely to accumulate heavy metals and other pollutants, which are abundant in large fish species.

Additionally, during the elaboration process of the fish oil, molecular distillation is used, which separates and purifies the substances. This, as well as rigorous analyses, ensure the oil is highly pure, with minimal or non-existent amounts of saturated fat, heavy metals, PCBs and other pollutants, and is therefore a pharmaceutical grade oil.

The high concentration of EPA and DHA in the product WILD OMEGA-3 make it a rich source of these fatty acids and a good dietary supplement. These essential fatty acids have proven to be very important for the body's proper function. At times, diet doesn't provide adequate amounts and supplementation is necessary.

Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are precursors of series 3 prostaglandins. These prostaglandins are hormone-like substances which upon blood vessel filling favour blood circulation and lower arterial pressure, therefore decreasing the risk of stroke and heart attack.

EPA maintains the balance between prostaglandins, thromboxanes and leukotrienes. An imbalance of these substances causes allergic reactions and inflammation.

Ingredients: Fish oil (anchovie, *Engraulis encrasicolus*), D-*alpha*-tocopherol (vitamin E) (from sunflower *Helianthus annuus*), softgel (glazing agent: gelatin; humectants: glycerol and purified water).

Nutritional Information:	2 softgels (3 260 mg)
Concentrated marine lipids (wild anchovie)	2 640 mg
Providing essential fatty acids omega-3:	
EPA (eicosapentaenoic acid)	1 320 mg
DHA (docosahexaenoic acid)	660 mg
Vitamin E (D- <i>alpha</i> tocopherol, 20 IU)	13,4 mg α -TE (112%*)
NRV: Nutrient Reference Value in %	

Size and format:
60 softgels

Recommended daily dose:
1 softgel twice daily with food.

Do not exceed the stated recommended daily dose.

Cautions:
Consult a health-care practitioner if you are pregnant or breast-feeding, if you are taking medication, or if you have a special medical condition.

Oils of pharmaceutical grade, molecular distillation.

Contains no: Preservatives, artificial flavour or colour, sugar, milk or milk products, starch, wheat, corn, or yeast.

Indications and uses:

Different studies have shown that the ingredients in WILD OMEGA-3 can be of help for the following:
Reducing cholesterol, high blood pressure and cardiovascular problems.
Omega-3 essential fatty acids are found in large amounts in the brain, and help with the transmission of nerve impulses, necessary for normal brain function.

OMEGA-3 FATTY ACIDS: These represent a group of essential fats the body needs, just as much as it needs vitamins or any other dietary nutrient. Unlike many critical compounds the body needs for proper function that it can make itself, such as many of the B vitamins and cholesterol, omega-3 fatty acids can only be acquired through diet.

The importance of omega-3 fatty acid intake for normal growth and health in general has been recognized since the 1930s, with the popularity of products like codfish liver oil. It was only with the observation of the Inuit people of Greenland in the 1970s that the real benefits of omega-3 supplementation were discovered. The Inuit live mainly off a diet high in fat from fish

and cold water mammals, rich in omega-3. Their significantly lower rate of heart attack and rheumatoid arthritis led to extensive research on the benefits of omega-3 fatty acids^(1,2).

WILD OMEGA-3 is the ideal supplement for reaping the benefits of the omega-3 fatty acids found in many species of cold water fish, difficult to reach through consumption alone.

The presence of these two fatty acids has a broad range of therapeutic benefits.

EPA acts as a precursor to the production of prostaglandins that control the inflammatory response to prevent joint ailments such as arthritis. It also helps with improving the health of arterial walls and in the prevention of arterial clotting that can cause heart attacks and strokes.⁽²⁻⁵⁾ EPA maintains the balance between prostaglandins, thromboxanes, and leukotrienes. An imbalance between these substances can cause allergic reactions and inflammation⁽⁶⁾.

Doses of 1,000 mg / day of EPA have been effective in treating depression⁽⁷⁻⁹⁾. The antidepressant effect of EPA against DHA seems to be related to the activation of the cytosolic phospholipase A2 (cPLA2) and ciliocoxigenase-2 (COX-2) genes, and is independent of the monoamine neurotransmitter system⁽¹⁰⁾. The cPLA2 gene has been linked to major depressive disorders⁽¹¹⁾. The efficacy of EPA against DHA seen in various studies⁽¹²⁻¹⁵⁾ seems to be related to its anti-inflammatory action at the brain⁽¹⁰⁾. It is also related to the ability of EPA to regulate dysfunction of the hypothalamic-pituitary axis -adrenal (HPA) associated with depression by reducing the expression of corticotropin-releasing factor and corticosterone secretion⁽¹⁶⁾.

DHA is essential for the development of the brain and nerves, and improves the quality of the myelin sheath that insulates nerves. DHA has been shown to regulate the function of neurotransmitters, including serotonin, norepinephrine, and dopamine⁽¹⁷⁻¹⁹⁾. The body benefits from its incorporation into cell walls, unlike saturated fats, and it makes them more resistant to possible damage from free radicals⁽²⁰⁻²⁵⁾.

The general benefits of omega-3 fatty acids include improved cardiovascular function, better mental health (depression, ADHD and bipolar disorder), strengthened immune function, arthritis relief and the prevention of macular degeneration. Research continues to discover additional benefits of supplementation with EPA and DHA⁽²²⁻²⁸⁾.

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