

How to obtain EPA and DHA?

Omega-3 fatty acid is rich in polyunsaturated fatty acids, mainly EPA and DHA. However, human body cannot synthesize these fatty acids and therefore they can only be obtained from diet.^[1] Eating fish may not be a good option because they may be contaminated by environmental pollutants such as mercury, PCB (polychlorinated biphenyls). As an alternative, we can take fish oil softgel capsules to avoid polluted chemical substances and ensure sufficient intake of omega-3 fatty acids.

Omega-3 Fish Oil from wild ocean fish that live in the cold, clean and unpolluted water of the Pacific coast of Alaska is rich in EPA and DHA. It can help nourish the skin, lubricate the joints, and also keep your heart, blood vessels, eyes, brain and peripheral nervous system healthy.^[1-2]

Promote cardiovascular health

Studies show that omega-3 fatty acids can assist in maintaining blood pressure, prevent lipid accumulate on the blood vessel and control lipid molecules in blood. Omega-3 fatty acids may also elevate the HDL level which may decrease the risk of arteriosclerosis.^[1]

Promote joint health

Resolvins are compounds that are made by the human body from EPA and DHA. Resolvin D2 enhances the production of nitric oxide which prevents white blood cells from being attached to the joints.^[3] Hence, it helps in relieving pain and swelling in the joints.^[4]

Maintain normal brain function

Omega-3, especially DHA, is one of the important elements in neurotransmission in the brain. Diminishing omega-3 fatty acids level as we age may contribute to memory loss. Adequate omega-3 fatty acids intake could help maintain and improve memory and other brain functions.^[5]

Promote brain development in infancy and childhood

Omega-3 is crucial to the optimal development of the brain, nerve cells and retina in infancy and childhood. Studies have shown that regular intake of omega-3 could help improve vision, memory, speech and cognitive capability.^[6]

Enhance skin protection

Polyunsaturated fatty acids from fish oil help replenishing fats lost (from high wind or sunlight) in the skin causing skin dryness or excessive flaking. It can nourish the skin, improve skin elasticity and reduce wrinkles.^[7]

Maintain healthy digestive system

Omega-3 is an essential fatty acid that can activate cell functions, support healthy cells and increase resistance. It helps to maintain a healthy digestive system.^[8]

Anti-aging effects

Anti-aging effects and reduction of age-related diseases by omega-3 may be directly linked to maintenance of cell inflammatory response. Omega-3 fatty acids reduce inflammation that may occur in the cells and help to keep them healthy.^[1,9]

Omega-3 Fish Oil may provide the following benefits:

- Maintain health of the heart^[1]
- Promote vascular elasticity and blood circulation^[1]
- Maintain cerebrovascular health^[1]
- Improve memory and cognitive capability^[5-6]
- Help reduce joint damage and swelling^[3-4]
- Promote health of nervous system and improve vision^[3-4]
- Support infants and toddlers memory, learning capability and cognitive development^[5-6]
- Improve health of digestive system^[8]
- Anti-aging effects^[1, 9]
- Nourish skin and hair^[7]

Recommended daily dose:

For adult, take 1 softgel capsule twice daily.
For children, take 1 softgel capsule once daily or directed by physicians.

References:

1. Fats and fatty acids in human nutrition. Report of an expert consultation. Geneva. 10 - 14 November 2008. FAO (Food and Agriculture Organization of the United Nations). Food Nutr Pap. 2010;91:1-166.
2. Querques G, Forte R and Souied EH. Retina and Omega-3. J Nutr Metab. 2011 Oct 31, doi: 10.1155/2011/748361.
3. Spite M, Norling LV, Serhan CN et al. Resolvin D2 is a potent regulator of leukocytes and controls microbial sepsis. Nature. 2009;461(7268): 1287-91.
4. Das UN. Can vagus nerve stimulation halt or ameliorate rheumatoid arthritis and lupus? Lipids Health Dis. 2011 Jan 24, doi: 10.1186/1476-511X-10-19.
5. Sinn N, Milte C and Howe PR. Oiling the Brain: A Review of Randomized Controlled Trials of Omega-3 Fatty Acids in Psychopathology across the Lifespan. Nutrients 2010;2:128-70.
6. Mijna Hadders-Algra. Effect of Long-Chain Polyunsaturated Fatty Acid Supplementation on Neurodevelopmental Outcome in Full-Term Infants. Nutrients. 2010;2(8):790-804.
7. Boelsma E, Hendriks HF, Roza L. Nutritional skin care: health effects of micronutrients and fatty acids. Am J Clin Nutr. 2001;73(5):853-64.
8. Cencic A and Chingwaru W. The Role of Functional Foods, Nutraceuticals, and Food Supplements in Intestinal Health. Nutrients. 2010;2(6):611-25.
9. Maroon JC, Bost Jw, Maroon A. Natural anti-inflammatory agents for pain relief. Surg Neurol Int. 2010 Dec 13, doi: 10.4103/2152-7806.73804.

Disclaimer: This product is not registered under the Pharmacy and Poisons Ordinance or the Chinese Medicine Ordinance. Any claim made for it has not been subject to evaluation for such registration. This product is not intended to diagnose, treat or prevent any disease.

免責聲明: 此產品沒有根據《藥劑業及毒藥條例》或《中醫藥條例》註冊。為此產品作出的任何聲稱亦沒有為進行該等註冊而接受評核。此產品並不供作診斷、治療或預防任何疾病之用。

