

Dr. Fuhrman®

# PRODUCT FACTS

## MEGA EPA

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## MEGA EPA

Mega EPA is a pure, high-dose omega-3 fish oil supplement derived from the waters of Peru and Chile, which provides 1000 mg omega-3 fatty acids in each softgel.

The omega-3 fatty acids DHA and EPA are important for long-term healthy brain and nervous system function. EPA and DHA are structural components of cell membranes in the brain and retina and help to regulate mood, cognition, and the body's inflammatory response.<sup>1</sup>

ALA, the precursor to DHA and EPA, is found in walnuts and flax, hemp, and chia seeds, however, conversion to DHA and EPA is inefficient. Taking pre-formed EPA and DHA is appropriate for many people because of a wide range of individual differences in the ability to convert ALA to EPA and DHA.<sup>2-4</sup>

For most healthy people, I recommend approximately 250 mg/day DHA and EPA from an algae-derived supplement to prevent insufficiency. However, some people require a higher dose. Mega EPA can be used when higher levels of supplementation are required than could be met with an algae-based product. These softgels contain more EPA and DHA than typical fish oil supplements, 662 mg EPA and 250 mg DHA in each softgel.



To assure maximum freshness and purity, the oil is molecularly distilled, stabilized with vitamin E (as tocotrienols), and filtered to remove heavy metals, pesticides, PCBs, and other contaminants. The oil is derived from sustainable wild-caught anchovy, sardine, and mackerel fish from warm waters off the coast of Peru and Chile and processed in Norway. Mega EPA provides omega-3 fatty acids in their triglyceride form, the form in which they naturally occur in fish and microalgae.

Mega EPA is tested and verified to be free of PCBs, heavy metals, and pesticides.

## MEGA EPA

### Product Features

- Each softgel contains 662 mg EPA and 250 mg DHA
- Promotes a balanced inflammatory response
- Supports healthy brain and nervous system function
- Supports cardiovascular health
- Non-GMO
- Does not contain gluten, dairy, or soy



## MEGA EPA

### Supplement Facts

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Serving Size 1 softgel

Amount Per Serving	% of daily value	
Calories	10	
Total Fat	1g	2%*
Fish Oil Concentrate (TG)	1.32 g	**
Omega-3 Fatty Acids	1 g	**
EPA (Eicosapentaenoic Acid)	662 g	**
DHA (Docosahexaenoic Acid)	250 mg	**

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

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

**Suggested use:** Take 1 capsule daily or as directed by your healthcare professional.

**Contains:** fish (anchovy, sardine, and mackerel)

These supplements have not been evaluated by the Food and Drug Administration.

Products listed are not intended to diagnose, treat, cure or prevent disease.

**Caution:** If you are pregnant, nursing, or on medication, consult with your healthcare practitioner.

1. Higdon J: Essential Fatty Acids. In **An Evidence-Based Approach to Dietary Phytochemicals**. New York, NY: Thieme; **2006**: 78-99
2. Harnack K, Andersen G, Somoza V. Quantitation of alpha-linolenic acid elongation to eicosapentaenoic and docosahexaenoic acid as affected by the ratio of n6/n3 fatty acids. *Nutrition & Metabolism* 2009, **6**:8.
3. Davis BC, Kris-Etherton PM. Achieving optimal essential fatty acid status in vegetarians: current knowledge and practical implications. *Am J Clin Nutr* 2003, **78**:640S-646S.
4. Arterburn LM, Hall EB, Oken H. Distribution, interconversion, and dose response of n-3 fatty acids in humans. *Am J Clin Nutr* 2006, **83**:1467S-1476S.

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