

pure
encapsulations®



Ultra-Pure Fish Oils

- *Molecularly-Distilled*
- *Supercritical CO₂ Extracted*
- *Third-Party tested*



3rd Party Tested for Purity and Potency

Each batch of our fish oils is tested for:

- Environmental Contaminants
- Oxidation and Rancidity
- Microbial Contaminants

Analysis	CRN guidelines
Acid value	< 3 mg KOH/g
Peroxides (PV)	< 5 meq/kg
Anisidine Value (AV)	< 20
Totox ((2 x PV) + AV)	< 26
Mercury	< 0.1 ppm
Lead	< 0.1 ppm
Cadmium	< 0.1 ppm
Arsenic	< 0.1 ppm
Dioxins and furans (17)	< 2 ppt WHO-TEQ
Dioxin-like PCBs (12)	< 3 ppt WHO-TEQ
PCBs (7)	< 0.09 ppm

We follow the guidelines established by:

- Council for Responsible Nutrition (CRN)
- European Pharmacopeia (EP)
- U.S. Pharmacopeia (USP)

References available upon request

HEALTH BENEFITS OF FISH OIL

Cardiovascular Health

Fish oil from supplements and dietary sources has been shown to provide support for healthy triglycerides and vascular relaxation. Fish oil is associated with positive effects on lipid metabolism, blood flow, platelet function, endothelial tone and homocysteine metabolism. In a recent meta-analysis of 15,000 individuals, fish oil was associated with providing overall cardiovascular benefit.*

Musculoskeletal Support

Numerous double-blind trials indicate that fish oil promotes joint mobility and joint comfort, in part by maintaining healthy prostaglandin, cytokine and leukotriene production. Epidemiological research suggests that fish consumption is associated with healthy bone mineralization. In studies, the combination of fish oil and calcium supplementation promotes healthy bone composition in the elderly.*

Cognitive/Emotional Health

Epidemiological and clinical research indicates that fish oil supports positive mood, mental function and memory. By promoting healthy neuronal cell membrane function and blood flow, fish oil facilitates oxygen and nutrient delivery to the brain. Infants and children born to mothers who had supplemented with fish oil demonstrate healthy cognitive capacity. Preliminary research reveals that fish oil supplementation may support healthy cognitive function and behavior in children.*

Gastrointestinal Comfort

Fish oil has a soothing effect for the gastrointestinal tract. In a double-blind, placebo-controlled crossover trial, subjects experienced positive support for GI comfort. A separate 6 month trial revealed that fish oil supplementation maintained healthy immune mediator activity in the colon.*

Skin Health

Omega-3 fatty acids protect keratinocytes and skin fibroblasts from free radicals and immune mediators generated by sun exposure. Additionally, these essential fatty acids help promote elasticity and hydration for smoother looking skin.*

Eye Health

Studies suggest that fish oil, particularly DHA, promotes visual acuity and hydration. A 2008 study performed at Tufts University's Human Nutrition Research Center reported that DHA supplementation supports pigment integrity and macular health.*

Softgels

EPA/DHA essentials

- Ultra-pure, molecularly-distilled fish oil concentrate

each softgel capsule contains	20 sg	
calories	10	
calories from fat	10	
total fat	1 g	
fish oil concentrate (anchovies, sardines).....	1,000 mg	
providing:		
EPA (eicosapentaenoic acid).....	300 mg	
DHA (docosahexaenoic acid)	200 mg	
vitamin E (d-alpha-tocopherol).....	10 i.u.	
other ingredients: gelatin capsule		
2 capsules per day, in divided doses, with meals.		
	quantity	order code
EPA/DHA essentials	180	ED11
	90	ED19

EPA/DHA with lemon

- Ultra-pure, molecularly-distilled fish oil concentrate

each softgel capsule contains	16 sg	
calories	10	
calories from fat	10	
total fat	1 g	
fish oil concentrate (anchovies, herring, sardines).....	900 mg	
providing:		
EPA (eicosapentaenoic acid).....	300 mg	
DHA (docosahexaenoic acid).....	200 mg	
other ingredients: natural lemon flavor, proprietary antioxidant blend (rosemary extract, ascorbyl palmitate, natural tocopherols), gelatin capsule		
2 capsules per day, in divided doses, with meals.		
	quantity	order code
EPA/DHA with lemon	120	EDC1
	60	EDC6

Lemon flavored *DHA Enhance* available for children, see full product catalog for more details



EPA/DHA-CoQ10

- Ultra-pure, molecularly-distilled fish oil concentrate
- Contains 50 mg natural, fermented Japanese trans isomer CoQ10 for enhanced cardiovascular support*

each softgel capsule contains	20 sg	
calories	10	
calories from fat	10	
total fat	1 g	
cholesterol.....	5 mg	
fish oil concentrate (anchovies, sardines).....	900 mg	
providing:		
EPA (eicosapentaenoic acid).....	270 mg	
DHA (docosahexaenoic acid)	180 mg	
coenzyme Q10.....	50 mg	
vitamin E (d-alpha-tocopherol).....	10 i.u.	
other ingredients: annatto extract, beeswax, gelatin capsule		
1 or more capsules per day, with meals.		
	quantity	order code
EPA/DHA-CoQ10	120	EDQ1

EPA/DHA-Glucosamine

- Ultra-pure, molecularly-distilled fish oil concentrate
- Offers glucosamine, boswellia and curcumin for comprehensive joint support*

four softgel capsules contain	20 sg	
calories	15	
calories from fat	15	
total fat	1.5 g	
cholesterol.....	10 mg	
fish oil concentrate (anchovies, sardines).....	1,500 mg	
providing:		
EPA (eicosapentaenoic acid).....	450 mg	
DHA (docosahexaenoic acid).....	300 mg	
glucosamine sulfate 2KCl (crab, shrimp) (sodium free).....	1,500 mg	
(providing 1,125 mg glucosamine sulfate)		
Boswellia serrata extract (gum resin)	100 mg	
(standardized to contain 70% boswellic acids)	70 mg	
turmeric (Curcuma longa) extract (root).....	100 mg	
(standardized to contain 97% curcuminoids).....	97 mg	
vitamin E (d-alpha-tocopherol).....	40 i.u.	
Contains: soy (from soy lecithin)		
other ingredients: silica dioxide, gelatin capsule		
4 capsules per day, in divided doses, with or between meals.		
	quantity	order code
EPA/DHA-Glucosamine	240	EDG2
	120	EDG1

Eco-Friendly Supercritical CO₂ Extracted Fish Oil Concentrates

- ✓ Next-generation fish oils produced using advanced “green technology”
- ✓ Smaller capsule sizes
- ✓ Solvent-free, supercritical CO₂ based extraction
- ✓ 75% less carbon emissions than other methods of fatty acid extraction and purification
- ✓ High EPA and DHA concentrates for advanced support
- ✓ Low temperature, oxygen-free processing prevents oxidation reactions
- ✓ Stringent purity guidelines established by the CRN and WHO are followed

EPA

The omega-3 essential fatty acid EPA is primarily associated with healthy inflammatory balance and arachidonic acid metabolism. In an 8-week, double blind study using high EPA, supercritical extracted fish oil, subjects reported support for healthy emotional well-being. In observational and epidemiological studies, higher plasma levels of EPA have been associated with healthy mood. Fish oil containing EPA has also been associated with healthy lipid metabolism, platelet function, vascular health, joint function, memory and skin health.*

DHA

The omega-3 essential fatty acid DHA is well recognized for its ability to support neural and cognitive function. Epidemiological studies indicate that a high intake of DHA is associated with healthy cognitive function in adults as well as infants born to mothers with a diet high in DHA. DHA-rich diets have been shown to support neurons via healthy gene expression, cell cycle function, arachidonic acid metabolism, and inflammation balance. Fish oil containing DHA has also been associated with healthy lipid metabolism, platelet function, vascular health, joint function, memory and skin health.*

EPA Ultimate

NEW

- Supercritical CO₂ extracted, high EPA fish oil concentrate*

two softgel capsules contain 11 sg

calories 10
 calories from fat 10
 total fat 1 g
 vitamin E (mixed tocopherols) 2 i.u.
 fish oil concentrate (anchovies, sardines) 1,400 mg
 providing:
 EPA (eicosapentaenoic acid) 798 mg
 DHA (docosahexaenoic acid) 266 mg
 other ingredients: gelatin capsule

2 softgels per day, with meals.

	quantity	order code
EPA Ultimate	120	EPU1
	60	EPU6

DHA Ultimate

NEW

- Supercritical CO₂ extracted, high DHA fish oil concentrate*

two softgel capsules contain 11 sg

calories 10
 calories from fat 10
 total fat 1 g
 vitamin E (mixed tocopherols) 2 i.u.
 fish oil concentrate (anchovies, sardines) 1,400 mg
 providing:
 DHA (docosahexaenoic acid) 840 mg
 EPA (eicosapentaenoic acid) 140 mg
 other ingredients: gelatin capsule

2 softgels per day, with meals.

	quantity	order code
DHA Ultimate	60	DHU6



Tri-EFA

- Ultra-pure, molecularly-distilled fish oil concentrate
- Includes flax and borage oils for enhanced joint and skin health*

each softgel capsule contains 22 sg

calories	10
calories from fat	10
total fat	1 g
flax seed oil	400 mg
borage seed oil	400 mg
fish oil (50% omega-3) (anchovies, sardines)	400 mg

these oils typically provide:

alpha linolenic acid (ALA)	200 mg
EPA	120 mg
DHA	80 mg
gamma linolenic acid (GLA)	88 mg
vitamin E (d-alpha tocopherol)	5 i.u.

other ingredients: gelatin capsule

2-8 capsules per day, in divided doses, with meals.

	quantity	order code
Tri-EFA	240	TR2
	120	TR1
	60	TR6

Liquids

EPA/DHA liquid (lemon flavor)

- Ultra-pure, molecularly-distilled lemon-flavored fish oil liquid

each teaspoon (5 ml/0.18 fl oz) provides

calories	40
calories from fat	40
total fat	4.6 g
saturated fat	1 g
polyunsaturated fat	2 g
monounsaturated fat	1 g
cholesterol	15 mg
fish oil concentrate (anchovies, herring, sardines)	4,600 mg

providing (typical):

EPA (eicosapentaenoic acid)..... 740-825 mg.

DHA (docosahexaenoic acid)..... 460-550 mg.

other ingredients: natural lemon flavor, proprietary antioxidant blend (rosemary extract, ascorbyl palmitate, natural tocopherols)

This formula requires refrigeration after opening. Best when consumed within 90 days after opening. Contents may appear cloudy when refrigerated.

Ages 4 to 11, take 1/2 teaspoon per day, with or between meals.

Ages 12 and up, take 1 or more teaspoons per day, with or between meals.

EPA/DHA liquid (lemon flavor)	quantity	order code
	200 ml (7 fl oz)	EDL2

EPA/DHA-CoQ₁₀ liquid (orange flavor)

- Ultra-pure, molecularly-distilled orange-flavored fish oil liquid
- With 100 mg natural, fermented Japanese trans isomer CoQ₁₀ for enhanced cardiovascular support*

each teaspoon (5 ml/0.18 fl oz) provides

calories	40
calories from fat	40
total fat	4.5 g
saturated fat	1 g
cholesterol	25 mg
fish oil concentrate (anchovies, sardines)	4,295 mg

providing (typical):

EPA (eicosapentaenoic acid)..... 687-859 mg

DHA (docosahexaenoic acid)..... 429-644 mg

coenzyme Q₁₀ 100 mg

other ingredients: natural orange and citrus flavors, proprietary antioxidant blend (natural vitamin E, rosemary extract and ascorbyl palmitate)

This formula requires refrigeration after opening. Best when consumed within 90 days after opening. Contents may appear cloudy when refrigerated. Contents may precipitate; shake well.

1-3 teaspoons per day, with meals.

EPA/DHA-COQ ₁₀ liquid (orange flavor)	quantity	order code
	200 ml (7 fl oz)	EDO2





Manufacturers of
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Nutritional
Supplements

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Cod Liver Oil (lemon flavor)

- Ultra-pure, molecularly-distilled genuine Norwegian cod liver oil with natural lemon flavor
- With naturally-occurring vitamins A & D

each teaspoon (5 ml/0.18 fl oz) provides

calories.....	40
calories from fat.....	40
total fat.....	4.5 g
saturated fat.....	0.5 g
cholesterol.....	15 mg
fish liver oil concentrate (cod).....	4,615 mg
providing (typical):	
vitamin A (naturally occurring).....	1750 i.u.
vitamin D (naturally occurring).....	180 i.u.
EPA (eicosapentaenoic acid).....	320-510 mg
DHA (docosahexaenoic acid).....	460-640 mg

other ingredients: natural lemon flavor, proprietary antioxidant blend (rosemary extract, ascorbyl palmitate, natural tocopherols)

1 or more teaspoons per day, with or between meals.

This formula requires refrigeration after opening. Best when consumed within 90 days after opening. Contents may appear cloudy when refrigerated.

	quantity	order code
Cod Liver Oil (lemon flavor)	200 ml (7 fl oz)	CLO2



Secure ordering and information at:

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