

PHARMACEUTICAL GRADE PURIFIED FISH OIL

EPA/DHA Select®

Supplement Facts

Serving Size: 2 Softgels

Servings Per Container: 90

	Amount Per Serving	% Daily Value
Calories	21	
Total Fat	2 g	3%*
Saturated Fat	0.5 g	2.5%*
Trans Fat	0 g	**
Polyunsaturated Fat	1 g	**
Monounsaturated Fat	0.5 g	**
Omega-3 Fatty Acids	660 mg	**
EPA (Eicosapentaenoic Acid)	360 mg	**
DHA (Docosahexaenoic Acid)	240 mg	**

* Percent Daily Values are based on a 2000 calorie diet.

** Daily Value not established.

Other ingredients: Fish oil (natural triglyceride form), gelatin, glycerol, purified water, natural mixed tocopherols (non-GMO).

Contains fish (sardines, anchovies, herring, mackerel.)
Does not contain gluten.

EPA/DHA HP Select®

Supplement Facts

Serving Size 2 Softgels

Servings Per Container 60 & 120

	Amount Per Serving	% Daily Value
Calories	20	
Total Fat	2 g	3%*
Saturated Fat	0.5 g	2.5%*
Trans Fat	0 g	**
Polyunsaturated Fat	1 g	**
Monounsaturated Fat	0.5 g	**
Omega-3 Fatty Acids	1280 mg	**
EPA (Eicosapentaenoic Acid)	720 mg	**
DHA (Docosahexaenoic Acid)	480 mg	**
Other Omega-3's	80 mg	**

* Percent Daily Values are based on a 2000 calorie diet.

** Daily Value not established.

Other ingredients: Omega-3 triglycerides, gelatin, glycerol, natural tocopherols (non-GMO), water, lipase, natural lemon flavor.

Contains fish (anchovies).
Does not contain gluten.

EPA/DHA HP Select® LIQUID

See reverse for supplement facts & global warning.

- Natural triglyceride form fish oils for superior absorption.*
- Rigorously tested to meet international purity standards.*
- Helps support & promote a healthy inflammation response.*
- Standard and high potencies; softgel & liquid formats.*

Oils contained in the body of cold water fish are naturally high in the omega-3 fatty acids EPA and DHA. These long chain fatty acids are also naturally present in the human body, where they help to maintain cell membrane fluidity and play numerous additional roles. EPA is best known as the direct precursor to several anti-inflammatory eicosanoid molecules (notably *thromboxanes*, *prostaglandins* and *leukotrienes*). DHA is a critically important structural fatty acid, particularly in brain, eye and heart muscle tissues.

Humans can synthesize EPA and DHA from ALA (*alpha linolenic acid*), a shorter chain, plant-based omega-3 fatty acid. However, conversion rates are often low to nonexistent, especially for DHA in men. Consuming long chain omega-3s directly from marine sources is the best way to promote adequate physiologic levels of these critical fatty acids (FAs).

Moss Nutrition provides omega-3 fish oils in both a standard potency (EPA/DHA Select®) and high potency version (EPA/DHA HP Select®) to help meet individual patient needs. All these natural triglyceride form fish oils are molecularly distilled to provide pharmaceutical grade purity, and are further stabilized for freshness with a blend of antioxidant mixed tocopherols.

TRIGLYCERIDE FORM FISH OIL is the naturally occurring form in which fish oils are found in nature. Evidence suggests the triglyceride (TG) form may offer superior absorption over the more commonly available, more highly processed ethyl ester (EE) form seen in most commercial fish oils. TG fish oil produced

(continued on reverse side)

* 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.

EPA/DHA HP Select® LIQUID

Supplement Facts

Serving Size: 1 teaspoon (5 ml)
Servings Per Container: 48

	Amount Per Serving	%Daily Value
Calories	40	
Total Fat	4.5 g	7%*
Saturated Fat	1 g	5%*
Trans Fat	0 g	**
Polyunsaturated Fat	2 g	
Monounsaturated Fat	1 g	
Omega-3 Fatty Acids	1600 mg	**
EPA (Eicosapentaenoic Acid)	800 mg	**
DHA (Docosahexaenoic Acid)	500 mg	**
Other Omega-3s	300 mg	**

* Percent Daily Values are based on a 2000 calorie diet.
** Daily Value not established.

Other ingredients: Purified fish oil triglycerides (from sardine, anchovy, herring, mackerel), natural tocopherols (non-GMO), natural lemon flavor.

Contains fish.

Does not contain gluten.

SUGGESTED USE: 1 TEASPOON PER DAY OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL.

WARNING (applies to all products on both sides of this sheet): IF YOU ARE TAKING MEDICATION, HAVE A MEDICAL CONDITION OR AN UPCOMING MEDICAL PROCEDURE, OR ARE PREGNANT OR NURSING, CONSULT A PHYSICIAN BEFORE USING. IF ADVERSE REACTIONS OCCUR, DISCONTINUE USE AND CONSULT YOUR HEALTHCARE PRACTITIONER.

Also available—see reverse side for supplement facts:

EPA/DHA Select® softgels
EPA/DHA HP Select® softgels

significantly faster and higher increases in the omega-3 index (a measure of EPA and DHA present in red blood cells, expressed as a percentage of total red blood cell fatty acids) in a 2011 placebo-controlled, double blind study. Other research suggests TG absorption may be three times higher than that of EE. Omega-3 bioavailability is enhanced when fish oil supplements of any type are consumed with a fat-containing meal, but the TG form has been shown to require less coingested fat than EE to produce comparable absorption values.

Optimizing Patient Omega-3 Levels

Experts at the *National Institutes of Health* and worldwide suggest that deficiency in omega-3 long chain FAs is a risk factor for numerous morbidity and mortality outcomes—from coronary heart disease, stroke and cardiovascular disease to bipolar disorder and depression. Supplementation with an appropriately dosed, superior quality fish oil, in conjunction with key dietary improvements, is an ideal researched strategy for helping patients optimize fatty acid profiles.

Diets high in processed foods tend to be overloaded with omega-6 fatty acids and deficient in omega-3s. Such diets are well known to be highly inflammatory. Plant-based, Mediterranean style diets that include 2 to 3 servings per week of fatty fish such as wild-caught salmon plus other omega-3 rich foods (walnuts, chia/flax seed, dark green leafy vegetables, grass-fed animal products) are higher in omega-3s and considered anti-inflammatory. Many experts believe that the ideal balance of omega-6 to omega-3 FA intake should mimic that of ancestral diets, proposed by Eaton and Cordain to be a 2:1 or 3:1 ratio. Patient dietary patterns, as well as clinical symptomology and tests such as the omega-3 index are valuable assessment tools for determining appropriate dosing of fish oils.

REFERENCES

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