

# The Omega-3 Supremacy

By Dr. Zoltan P. Rona, M.D., M.Sc. • [www.mydoctor.ca/drzoltanrona](http://www.mydoctor.ca/drzoltanrona)

Virtually every new patient I have seen in my private office practice in the past 10 years has been taking at least one or more nutritional supplement. In my experience, the most popular one by far is Omega-3 fatty acids coming from fish oil, seafood and other animal life. If it isn't the tried and true cod liver oil, it's halibut liver oil, salmon oil, krill oil or seal oil. Aside from the fact that the natural health industry has been promoting Omega-3 for decades, numerous conventional doctors (GPs, psychiatrists, cardiologists, and rheumatologists) now also recommend it to many of their patients.

Omega-3 fatty acids are also often referred to as essential fatty acids (EFAs) or polyunsaturated fatty acids (PUFA). EFA's make up at least 60% of the mass of our brains. These are called essential because our bodies cannot produce these from other nutrients. They must therefore be obtained from either diet or supplements. They are needed as basic elements of our cell membranes. They control the inflammatory response and, hence pain and the spread of disease. They also mediate the immune response, control hormone production and regulate nerve transmission.

The ideal ratio of Omega-6 to Omega-3 fatty acids is 1:1. The standard North American diet, due to the over consumption of breads, cereals, eggs, poultry, nuts, vegetable oils such safflower, corn, soy and sunflower from processed foods has a ratio of between 20:1 and 30:1. This relative Omega-3 deficiency is what is believed to be the cause of numerous health problems.

Why are so many people recommending and using Omega-3 oils? Conventional doctors will usually only recommend something if there is enough evidence to warrant a prescription. Numerous epidemiological studies and randomized clinical trials have documented the benefits of certain amounts of the Omega-3 oils known as EPA (Eicosapentaenoic Acid) and DHA (Docosahexaenoic Acid) in several major areas:

## Brain and Cognitive Health

Omega-3 fatty acids are critical to the structure and function of neuronal membranes. The communication between various nerves could not occur in a normal way without Omega-3 fatty acids. As a result, just about every brain condition would benefit from optimal levels of DHA and EPA.

Depression is one of many common conditions that could benefit from Omega-3 fatty acids. They influence something called the cytokine system in the brain. These cytokines are known as interleukin-1-2 and -6, interferon-gamma, and tumor necrosis factor alpha. They can directly and indirectly influence the severity and outcome of depression.

Cognitive health promotion is another area of proven benefit of Omega-3 fatty acids. The incidence of ADHD (Attention deficit Hyperactivity Disorder) is rapidly escalating with a greater and greater dependency on drugs such as Ritalin (an amphetamine). In fact, at one time in the 1990s, so much Ritalin was being prescribed that the drug companies manufacturing it ran out of stock and could not keep pace with the demand.

The good news is that there are now numerous studies supporting the use of EPA and DHA in the treatment of ADHD. EPA and DHA are crucial in proper retinal and brain development. They improve school performance, learning, focusing on tasks and behaviour in children.

One study from Australia published in 2007 by Sinn and Bryan concluded that a 30 week treatment of children with ADHD with fatty acid capsules (providing 560 mg/day of EPA, 175 mg/day of DHA, 60 mg/day of gamma-linolenic acid, and 10 mg/day of vitamin E) plus a multivitamin tablet containing low (RDA) amounts of vitamin and minerals yielded slightly better results than seen in children who used Ritalin. These fish oils reduce ADHD symptoms whether or not a child is on Ritalin.

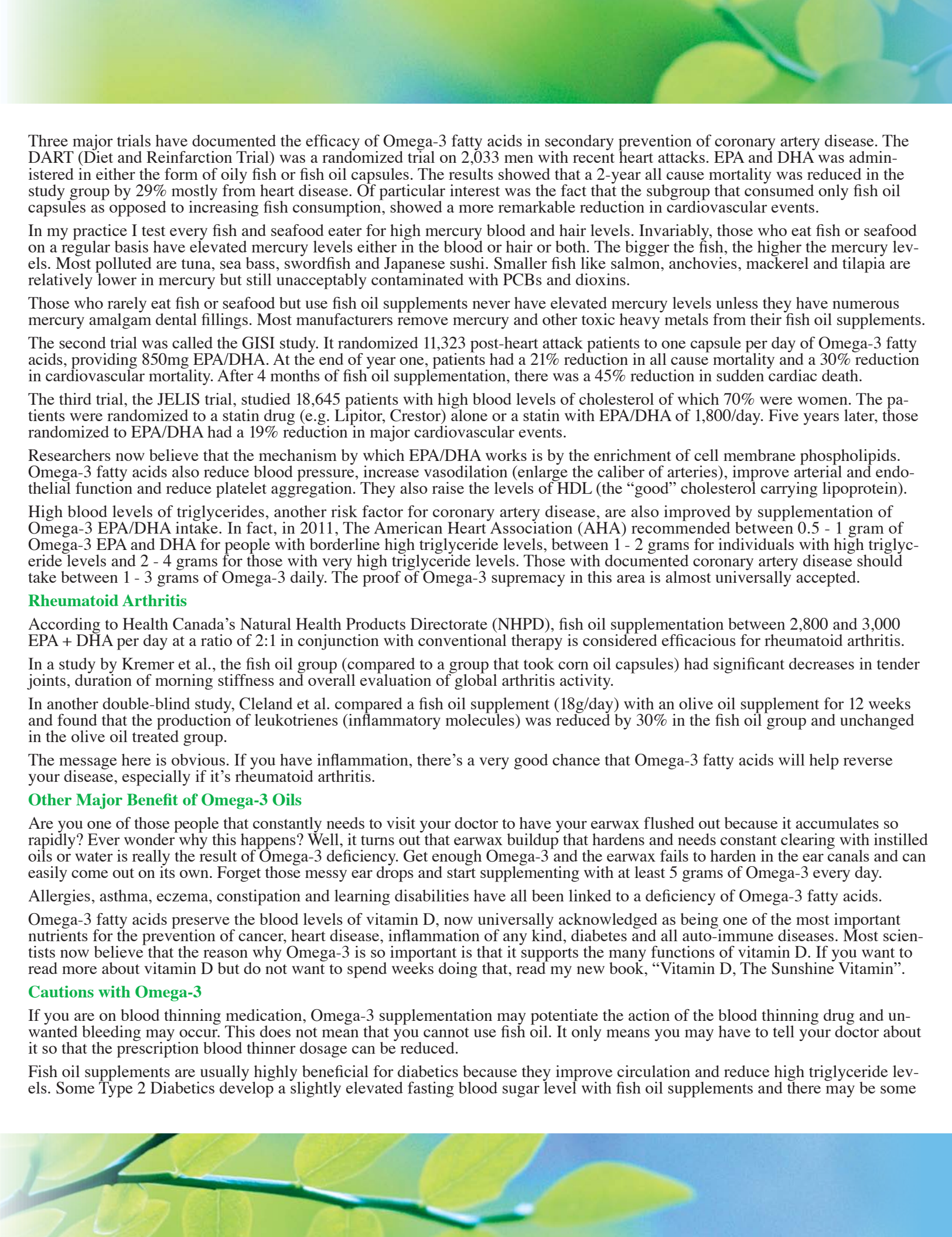
For those wanting an official seal of approval, Health Canada's Natural Health Product Directorate (NHPD) requires a minimum of 1.5 – 3.0 g of EPA and DHA per day including at least 1.0g of EPA per day (at a ratio of 2:1) to support mood balance. As we all know, if Health Canada says so, it must be true.

## Cardiovascular Health

Back in the 1970s, it was reported that despite a relatively high-fat diet, the Inuit people of Greenland had little incidence of heart disease. They had long winters with little sun exposure, a factor thought to increase the risk of psoriasis yet psoriasis was rare in the Inuit. Their secret was a large consumption of Omega-3 fatty acids.

It is now a fairly well established fact that heart disease, especially coronary artery disease, is the end result of inflammation. Omega-3 fatty acids are anti-inflammatory so it would stand to reason that EPA and DHA would be of help in both the prevention and treatment of cardiovascular disease. A review paper of 25 clinical trials by Harris showed exactly this to be true. Major cardiovascular events were inversely correlated with the tissue levels of EPA and DHA.

EPA and DHA also prevent blood from being too sticky and forming arterial blockages. All those people who have been recommended to take a baby aspirin a day would do just as well to take adequate amounts of DHA and EPA. I usually recommend about 1000 mg in a 2:1 ratio of EPA:DHA for prevention of heart disease and significantly more (4000 – 8000 mg) for various inflammatory conditions (e.g. arthritis, multiple sclerosis, colitis, Crohn's disease, psoriasis etc.).



Three major trials have documented the efficacy of Omega-3 fatty acids in secondary prevention of coronary artery disease. The DART (Diet and Reinfarction Trial) was a randomized trial on 2,033 men with recent heart attacks. EPA and DHA was administered in either the form of oily fish or fish oil capsules. The results showed that a 2-year all cause mortality was reduced in the study group by 29% mostly from heart disease. Of particular interest was the fact that the subgroup that consumed only fish oil capsules as opposed to increasing fish consumption, showed a more remarkable reduction in cardiovascular events.

In my practice I test every fish and seafood eater for high mercury blood and hair levels. Invariably, those who eat fish or seafood on a regular basis have elevated mercury levels either in the blood or hair or both. The bigger the fish, the higher the mercury levels. Most polluted are tuna, sea bass, swordfish and Japanese sushi. Smaller fish like salmon, anchovies, mackerel and tilapia are relatively lower in mercury but still unacceptably contaminated with PCBs and dioxins.

Those who rarely eat fish or seafood but use fish oil supplements never have elevated mercury levels unless they have numerous mercury amalgam dental fillings. Most manufacturers remove mercury and other toxic heavy metals from their fish oil supplements.

The second trial was called the GISSI study. It randomized 11,323 post-heart attack patients to one capsule per day of Omega-3 fatty acids, providing 850mg EPA/DHA. At the end of year one, patients had a 21% reduction in all cause mortality and a 30% reduction in cardiovascular mortality. After 4 months of fish oil supplementation, there was a 45% reduction in sudden cardiac death.

The third trial, the JELIS trial, studied 18,645 patients with high blood levels of cholesterol of which 70% were women. The patients were randomized to a statin drug (e.g. Lipitor, Crestor) alone or a statin with EPA/DHA of 1,800/day. Five years later, those randomized to EPA/DHA had a 19% reduction in major cardiovascular events.

Researchers now believe that the mechanism by which EPA/DHA works is by the enrichment of cell membrane phospholipids. Omega-3 fatty acids also reduce blood pressure, increase vasodilation (enlarge the caliber of arteries), improve arterial and endothelial function and reduce platelet aggregation. They also raise the levels of HDL (the “good” cholesterol carrying lipoprotein).

High blood levels of triglycerides, another risk factor for coronary artery disease, are also improved by supplementation of Omega-3 EPA/DHA intake. In fact, in 2011, The American Heart Association (AHA) recommended between 0.5 - 1 gram of Omega-3 EPA and DHA for people with borderline high triglyceride levels, between 1 - 2 grams for individuals with high triglyceride levels and 2 - 4 grams for those with very high triglyceride levels. Those with documented coronary artery disease should take between 1 - 3 grams of Omega-3 daily. The proof of Omega-3 supremacy in this area is almost universally accepted.

### **Rheumatoid Arthritis**

According to Health Canada’s Natural Health Products Directorate (NHPD), fish oil supplementation between 2,800 and 3,000 EPA + DHA per day at a ratio of 2:1 in conjunction with conventional therapy is considered efficacious for rheumatoid arthritis.

In a study by Kremer et al., the fish oil group (compared to a group that took corn oil capsules) had significant decreases in tender joints, duration of morning stiffness and overall evaluation of global arthritis activity.

In another double-blind study, Cleland et al. compared a fish oil supplement (18g/day) with an olive oil supplement for 12 weeks and found that the production of leukotrienes (inflammatory molecules) was reduced by 30% in the fish oil group and unchanged in the olive oil treated group.

The message here is obvious. If you have inflammation, there’s a very good chance that Omega-3 fatty acids will help reverse your disease, especially if it’s rheumatoid arthritis.

### **Other Major Benefit of Omega-3 Oils**

Are you one of those people that constantly needs to visit your doctor to have your earwax flushed out because it accumulates so rapidly? Ever wonder why this happens? Well, it turns out that earwax buildup that hardens and needs constant clearing with instilled oils or water is really the result of Omega-3 deficiency. Get enough Omega-3 and the earwax fails to harden in the ear canals and can easily come out on its own. Forget those messy ear drops and start supplementing with at least 5 grams of Omega-3 every day.

Allergies, asthma, eczema, constipation and learning disabilities have all been linked to a deficiency of Omega-3 fatty acids.

Omega-3 fatty acids preserve the blood levels of vitamin D, now universally acknowledged as being one of the most important nutrients for the prevention of cancer, heart disease, inflammation of any kind, diabetes and all auto-immune diseases. Most scientists now believe that the reason why Omega-3 is so important is that it supports the many functions of vitamin D. If you want to read more about vitamin D but do not want to spend weeks doing that, read my new book, “Vitamin D, The Sunshine Vitamin”.

### **Cautions with Omega-3**

If you are on blood thinning medication, Omega-3 supplementation may potentiate the action of the blood thinning drug and unwanted bleeding may occur. This does not mean that you cannot use fish oil. It only means you may have to tell your doctor about it so that the prescription blood thinner dosage can be reduced.

Fish oil supplements are usually highly beneficial for diabetics because they improve circulation and reduce high triglyceride levels. Some Type 2 Diabetics develop a slightly elevated fasting blood sugar level with fish oil supplements and there may be some

interactions with certain anti-diabetes medications. Check with your doctor if there are any concerns and use fish oil supplements at lower doses or as directed by your doctor.

### How to Choose Omega-3 Supplements

Look for purity, potency and freshness. The brand name you choose should have a Natural Health Product number (NPN) and be able to provide you with a detailed biochemical and toxicological analysis of the contents of the bottle, whether in capsule or liquid form.

The potency should be measured in milligrams. Ignore products with “extra high potency” claims that charge up to 4 times the price for regular potency brands. This is a gimmick. The total milligrams per bottle should be the deciding factor in your choice. Also, make sure you check the expiry date and avoid buying any supplements that do not give you enough time to consume the product.

If you are buying capsules, make sure you purchase ones that are enteric coated. This is important so that the oils reach the small intestines before they are dissolved higher up in the stomach. Capsules that are not enteric coated produce a fishy regurgitation smell. Unless you have no sense of smell, you will find non-enteric coated supplements very unpleasant.

*Dr. Zoltan P. Rona practises Complementary Medicine in Toronto and is the medical editor of “The Encyclopedia of Natural Healing.” He has also published several Canadian best-selling books, including “Return to The Joy of Health” and “Vitamin D - The Sunshine Vitamin.” For more of his articles, see [www.mydoctor.ca/drzoltanrona](http://www.mydoctor.ca/drzoltanrona)*



To order this book by Dr. Rona visit [www.amazon.com](http://www.amazon.com) or contact High Level Wellness 905-764-9300

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- AHA recommends Omega-3 for Triglyceride management. [www.heart.org](http://www.heart.org)





Recommended by  
Dr. Zoltan Rona

★ Purity ★ Potency ★ Freshness

# Omega-3 Liquid & Softgels

An excellent source of Omega-3 fatty acids to help maintain better cardiovascular and cognitive health

EPA 800 mg  
DHA 500 mg

**100% Tested**  
for Purity,  
Potency and  
Freshness

EPA 800 mg  
DHA 500 mg

EPA 400 mg  
DHA 200 mg



Natural Lemon Flavour



Norwegian Source



Natural Orange Flavour  
with Vit D + K2

## Setting the Standard in Omega-3 EPA/DHA Fish Oil

Omega-3 fish oils conform to world-wide hygiene, quality, and purity standards, including those established by the European Commission (EC), Norwegian Food Safety Authority (NFSA), Health Canada, the United States Food and Drug Administration (FDA) and the Global Organization for EPA and DHA Omega-3 (GOED).

### Trust the Quality

Key Quality Parameters	Purity	purified for safety
	Potency	high EPA & DHA levels
	Freshness	minimal oxidation

### Trust the Purity

	GOED Limit	EC Limit	NFSA Limit	Omega-3
Arsenic (ppm)	0.1	N/S	N/S	< 0.1
Cadmium (ppm)	0.1	N/S	N/S	< 0.01
Lead (ppm)	0.1	0.1	0.1	< 0.05
Mercury (ppm)	0.1	N/S	N/S	< 0.005
(1) Dioxin & Furans (pg WHO-PCDD/F-TEQ/g)	2.0	2.0	2.0	max 1.0
(2) Dioxin-like PCBs (pg WHO-Dioxin-like PCBs-TEQ/g)	3	N/S	3	max 3
Sum of (1) & (2) (WHO-PCDD/F + Dioxin-like PCBs-TEQ/g)	N/S	10	N/S	max 4.0
PCBs (ppm)	0.09	N/S	N/S	< 0.09
PAHs: Benzo(a)pyrene (ppb)	N/S	2.0	2.0	max 2.0

N/S = Not Specified

[www.tristarnaturals.com](http://www.tristarnaturals.com)



**TRISTAR NATURALS**

★ Pureté ★ Activité ★ Fraîcheur

# Oméga-3

avec Vit D + K2

100 % analysé pour la pureté, l'activité et la fraîcheur

AEP 800 mg ADH 500 mg

Série du praticien

Formulé par Zoltan Rona, MD, MSc  
NPN 80042084

Savoir naturel d'orange

**500 ml**

Emballage hermétique pour votre protection. Ne pas utiliser si le sceau est brisé ou absent. Garder hors de la portée des enfants. **Bien agiter avant chaque usage. A conserver au réfrigérateur après ouverture.**

**Usage ou fins recommandés :**

- Aide au maintien de la santé cardiovasculaire et à contribuer à la santé cognitive et/ou aux fonctions cérébrales.
- Source d'acides gras oméga-3, d'acide eicosapentanique (AEP) et d'acide docosahexanique (ADH) pour le maintien d'une bonne santé.
- Aide à réduire les triglycérides sériques/triacylglycérols.
- Contribue au maintien d'une bonne santé.
- Aide au développement et maintien des os et des dents.
- Aide à l'absorption et à l'utilisation du calcium et du phosphore.

**Dose recommandée :** Adultes : 1 c. à thé par jour. Bien agiter avant chaque usage. Prendre avant un repas copieux afin de réduire/éliminer un arrière-goût. Ne pas boire directement de la bouteille.

**Conditions d'entreposage :** Réfrigérer après ouverture. Veuillez noter qu'une apparence un peu trouble est normale après la réfrigération. Jeter tout produit restant après 12 semaines suite à l'ouverture.

**Voir l'étiquette intérieure pour les ingrédients et précautions.**

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Sans OGM

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**TRISTAR NATURALS**

★ Purity ★ Potency ★ Freshness

# Omega-3

with Vit D + K2

100% Tested for Purity, Potency and Freshness

EPA 800 mg DHA 500 mg

Practitioner Series

Formulated by Zoltan Rona, MD, MSc  
NPN 80042084

NATURAL ORANGE FLAVOUR

**500 ml**

Sealed for your protection. Do not use if seal is broken or missing. Keep out of reach of children. **Shake well before each use. Refrigerate after opening.**

**Recommended purpose or use:**

- Helps maintain/support cardiovascular health, cognitive health and/or brain function.
- Source of omega-3 fatty acids plus eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) for the maintenance of good health.
- Helps to reduce serum triglycerides/triacylglycerols.
- A factor in the maintenance of good health.
- Helps in the development and maintenance of bones and teeth.
- Helps in the absorption and use of calcium and phosphorus.

**Recommended dose:** Adults: 1 teaspoon daily. Shake well before each use. To minimize/eliminate aftertaste, take before a full meal. Do not drink directly from the bottle.

**Storage Condition:** Refrigerate after opening. Please note that a slightly cloudy appearance is normal after refrigeration. Discard any remaining product 12 weeks after opening.

**See inside label for ingredients and cautions.**

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Tirer ici pour l'intérieur de l'étiquette

**TRISTAR NATURALS**

★ Pureté ★ Activité ★ Fraîcheur

# Oméga-3

avec Vit D + K2

100 % analysé pour la pureté, l'activité et la fraîcheur

AEP 800 mg ADH 500 mg

Série du praticien

Formulé par Zoltan Rona, MD, MSc  
NPN 80042084

Savoir naturel d'orange

**500 ml**

**Ingrédients médicinaux :**

Chaque c. à thé (5 ml) contient :

Huile de poisson (Formulaire de TG) – distillation moléculaire d'anchois, de sardine et de maquereau (Source : chair de poisson récolté en eaux profondes – non du foie, ni d'élevage).....4617,5 mg

Total des acides gras oméga-3.....1550 mg

AEP (Acide eicosapentaénoïque).....800 mg

ADH (Acide docosahexaénoïque).....500 mg

Des autres acides gras oméga-3.....250 mg

Vitamine D3 (Cholécalciférol) [1000 IU].....25 mcg

Vitamine K2 (ménaquinone-7 naturel, dérivé de natto)120 mcg

**Ingrédients non médicinaux :** Vitamine E, saveur naturel d'orange. Ne contient aucun ajout de colorant ou saveur artificielle, ni gluten, produit laitier, œuf, maïs, noix, féculé, blé ou levure.

**Précaution et mise en garde :** Consulter un praticien de soins de santé avant d'en faire l'usage si vous prenez des anticoagulants.

\*Ce produit a été soumis à des analyses indépendantes et est exempt de métaux lourds, dioxines, pesticides et PCB. De plus, l'activité et l'indice de peroxyde (une mesure de fraîcheur) ont été analysés pour la conformité.

**TRISTAR NATURALS**

★ Purity ★ Potency ★ Freshness

# Omega-3

with Vit D + K2

100% Tested for Purity, Potency and Freshness

EPA 800 mg DHA 500 mg

Practitioner Series

Formulated by Zoltan Rona, MD, MSc  
NPN 80042084

NATURAL ORANGE FLAVOUR

**500 ml**

**Medicinal ingredients:**

Each teaspoon (5 ml) contains:

Fish oil (TG Form) – molecularly distilled from anchovy, sardine and mackerel (fish body source – non liver, non farmed, deepwater harvest) .....4617.5 mg

Total omega-3 fatty acids.....1550 mg

EPA (Eicosapentaenoic Acid) .....800 mg

DHA (Docosahexaenoic Acid).....500 mg

Other omega-3 fatty acids.....250 mg

Vitamin D3 (Cholecalciferol) [1000 IU].....25 mcg

Vitamin K2 (Matto-derived natural Menaquinone 7) 120 mcg

**Non-medical ingredients:** Vitamin E, natural orange flavour. Contains no added artificial flavours, colours, gluten, dairy products, eggs, corn, nuts, starch, wheat or yeast.

**Cautions and warnings:** Consult a health care practitioner prior to use if you are taking blood thinners.

\*This product has been independently tested and ensured to be free from heavy metals, dioxins, pesticides and PCBs. Furthermore, the potency and peroxide value (a measure of freshness) have been tested for compliance.

**TRISTAR NATURALS**

★ Pureté ★ Activité ★ Fraîcheur

# Oméga-3

avec Vit D + K2

100 % analysé pour la pureté, l'activité et la fraîcheur

AEP 800 mg ADH 500 mg

Série du praticien

Formulé par Zoltan Rona, MD, MSc  
NPN 80024353

Savoir naturelle de citron

**500 ml**

Emballage hermétique pour votre protection. Ne pas utiliser si le sceau est brisé ou absent. Garder hors de la portée des enfants. **Bien agiter avant chaque usage. A conserver au réfrigérateur après ouverture.**

**Usage ou fins recommandés :**

- Aide à maintenir et/ou soutenir la santé cardiovasculaire.
- Contribue à la santé cognitive et la fonction cérébrale.
- Contribue au développement du cerveau, des yeux et des nerfs chez les enfants de 12 ans et moins.
- Aide à réduire les triglycérides sériques/triacylglycérols.

**Dose recommandée :**

Enfants de 1-8 ans	1 c. à thé par jour
Adolescents de 9-13 ans	1 c. à thé par jour
Adolescents de 14-18 ans	1 c. à thé par jour
Adultes ≥ 19 ans	1-2 c. à thé par jour

Bien agiter avant chaque usage. Prendre avant un repas copieux afin de réduire/éliminer un arrière-goût. Ne pas boire directement de la bouteille.

**Conditions d'entreposage :** Réfrigérer après ouverture. Veuillez noter qu'une apparence un peu trouble est normale après la réfrigération. Jeter tout produit restant après 12 semaines suite à l'ouverture.

**Ingrédients médicinaux :** Chaque c. à thé (5 ml) contient :

Huile de poisson (Formulaire de TG) – distillation moléculaire d'anchois, de sardine et de maquereau (Source : chair de poisson récolté en eaux profondes – non du foie, ni d'élevage).....4617,5 mg

Total des acides gras oméga-3.....1550 mg

AEP (Acide eicosapentaénoïque).....800 mg

ADH (Acide docosahexaénoïque).....500 mg

Des autres acides gras oméga-3.....250 mg

**Ingrédients non médicinaux :** Vitamine E, saveur naturelle de citron, huile végétale (source de riz). Ne contient aucun colorant ou saveur artificielle ni aucun produit laitier, œufs, maïs, noix, féculé, blé, ou levure.

\*Ce produit a été soumis à des analyses indépendantes et est exempt de métaux lourds, dioxines, pesticides et PCB. De plus, l'activité et l'indice de peroxyde (une mesure de fraîcheur) ont été analysés pour la conformité.

Sans OGM

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**TRISTAR NATURALS**

★ Purity ★ Potency ★ Freshness

# Omega-3

with Vit D + K2

100% Tested for Purity, Potency and Freshness

EPA 800 mg DHA 500 mg

Practitioner Series

Formulated by Zoltan Rona, MD, MSc  
NPN 80024353

NATURAL LEMON FLAVOUR

**500 ml**

Sealed for your protection. Do not use if seal is broken or missing. Keep out of reach of children. **Shake well before each use. Refrigerate after opening.**

**Recommended purpose or use:**

- Helps maintain/support cardiovascular health.
- Helps support cognitive health and/or brain function.
- Helps support the development of the brain, eyes and nerves in children up to 12 years of age.
- Helps to reduce serum triglycerides/triacylglycerols.

**Recommended dose:**

Children 1-8 years	1 teaspoon daily
Adolescents 9-13 years	1 teaspoon daily
Adolescents 14-18 years	1 teaspoon daily
Adults ≥ 19 years	1-2 teaspoons daily

Shake well before each use. To minimize/eliminate aftertaste, take before a full meal. Do not drink directly from the bottle.

**Storage Condition:** Refrigerate after opening. Please note that a slightly cloudy appearance is normal after refrigeration. Discard any remaining product 12 weeks after opening.

**Medicinal ingredients:** Each teaspoon (5 ml) contains:

Fish oil (TG Form) – molecularly distilled from anchovy, sardine and mackerel (fish body source – non liver, non farmed, deepwater harvest) .....4617.5 mg

Total omega-3 fatty acids.....1550 mg

EPA (Eicosapentaenoic Acid) .....800 mg

DHA (Docosahexaenoic Acid).....500 mg

Other omega-3 fatty acids.....250 mg

**Non-medical ingredients:** Vitamin E, natural lemon flavour, vegetable oil (rice source). Contains no artificial flavours, colours, dairy products, eggs, corn, nuts, starch, wheat or yeast.

\*This product has been independently tested and ensured to be free from heavy metals, dioxins, pesticides and PCBs. Furthermore, the potency and peroxide value (a measure of freshness) have been tested for compliance.

Non GMO  
Toronto, ON M9W 5S1  
www.tristanaturals.com

**TRISTAR NATURALS**

★ Pureté ★ Activité ★ Fraîcheur

# Oméga-3

avec Vit D + K2

100 % analysés pour la pureté, l'activité et la fraîcheur

EPA 400 mg DHA 200 mg

Série du praticien

Formulé par Zoltan Rona, MD, MSc  
NPN 80024362

150 gélules entérosolubles

Scellé pour votre protection. Ne pas utiliser si le sceau est brisé ou absent. Garder hors de la portée des enfants. **Prendre la fraîcheur, garder dans un endroit frais et sec.**

**Usage ou fins recommandés :**

- Source des acides gras oméga-3 pour se maintenir en bonne santé.
- Contribue au développement du cerveau, des yeux et des nerfs chez les enfants de 12 ans et moins.
- Contribue à la santé cognitive et la fonction cérébrale.
- Contribue au maintien de la santé cardiovasculaire, réduisant les triglycérides sériques et favorise un bon équilibre de l'humeur.
- Utilisé parallèlement avec la thérapie traditionnelle, contribue à réduire la douleur d'arthrite rhumatoïde chez les adultes.

**Dose recommandée :**

Enfants de 1-8 ans	1-2 gélules par jour
Adolescents de 9-13 ans	1-3 gélules par jour
Adolescents de 14-18 ans	1-4 gélules par jour
Adultes ≥ 19 ans	1-5 gélules par jour
Adultes ≥ 19 ans (Pour favoriser un bon équilibre de l'humeur)	3-5 gélules par jour
Adultes ≥ 19 ans (pour l'arthrite rhumatoïde)	5 gélules par jour

**Ingrédients médicinaux :** Chaque gélule contient :

Huile de poisson – distillation moléculaire d'anchois, de sardine et de maquereau (Source : chair de poisson récolté en eaux profondes – non du foie, ni d'élevage).....1000 mg

EPA (Acide eicosapentaénoïque).....400 mg

DHA (Acide docosahexaénoïque).....200 mg

Vitamine E (d-alpha tocophérol) [10 IU].....6,7 mg AT

**Ingrédients non médicinaux :** Gélatine (enveloppe gélule – source bovine), glycérine, eau, emballage entérosoluble. Ne contient aucun colorant ou saveur artificielle ni aucun produit laitier, œufs, maïs, noix, soja, féculé, blé, ou levure.

\*Ce produit a été soumis à des analyses indépendantes et est exempt de métaux lourds, dioxines, pesticides et PCB. De plus, l'activité et l'indice de peroxyde (une mesure de fraîcheur) ont été analysés pour la conformité.

Sans OGM  
Bouteille sans BPA

6 123543 74077 8

V2 05-11

**TRISTAR NATURALS**

★ Purity ★ Potency ★ Freshness

# Omega-3

with Vit D + K2

100% Tested for Purity, Potency and Freshness

EPA 400 mg DHA 200 mg

Practitioner Series

Formulated by Zoltan Rona, MD, MSc  
NPN 80024362

150 enteric coated softgels

Sealed for your protection. Do not use if seal is broken or missing. Keep out of reach of children. For freshness store in a cool, dry place.

**Recommended purpose or use:**

- Source of omega-3 fatty acids for the maintenance of good health.
- Helps support the development of the brain, eyes and nerves in children up to 12 years of age.
- Helps cognitive health and brain function.
- Helps maintain cardiovascular health, reduce serum triglycerides and promote healthy mood balance.
- In conjunction with conventional therapy, helps to reduce the pain of rheumatoid arthritis in adults.

**Recommended dose:**

Children 1-8 years	1-2 softgels daily
Adolescents 9-13 years	1-3 softgels daily
Adolescents 14-18 years	1-4 softgels daily
Adults ≥ 19 years	1-5 softgels daily
Adults ≥ 19 years (To promote healthy mood balance)	3-5 softgels daily
Adults ≥ 19 years (For rheumatoid arthritis)	5 softgels daily

**Medicinal ingredients:** Each softgel contains:

Fish oil – molecularly distilled from anchovy, sardine and mackerel (fish body source – non liver, non farmed, deepwater harvest).....1000 mg

EPA (Eicosapentaenoic Acid).....400 mg

DHA (Docosahexaenoic Acid).....200 mg

Vitamin E (d-alpha tocophérol) [10 IU].....6.7 mg AT

**Non-medical ingredients:** Gelatin (softgel shell – bovine sourced), glycerin, water, enteric coating. Contains no artificial flavours, colours, dairy products, eggs, corn, nuts, soy, starch, wheat or yeast.

\*This product has been independently tested and ensured to be free from heavy metals, dioxins, pesticides and PCBs. Furthermore, the potency and peroxide value (a measure of freshness) have been tested for compliance.

Non GMO  
BPA Free  
Bottle

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