

OMEGA-3 HIGH EPA

CREATED WITH YOUR NEEDS IN MIND



SEA-LICIOUS[®]

Healthy living, nutrition, family, friendships, balance, and a passion for life are the inspirations behind the development of Sea-licious omega oils. Sea-licious prides itself on being a 5-star IFOS[®]-certified omega-3 oil, the highest quality fish oil on the market, excelling and exceeding in quality assurance while being big on flavour. What's more, Sea-licious products contain astaxanthin, one of the most powerful antioxidants available today.

PRODUCT SUMMARY

Sea-licious Omega-3 High EPA is a high-potency liquid blend of EPA- and DHA-rich fish oil for superior cognitive and heart health. This highly concentrated formula contains 1770 mg of EPA per teaspoon plus vitamin D3 in a delicious lemon mango flavour with no fishy aftertaste.

BENEFITS

- Supports cardiovascular health and helps reduced serum triglycerides
- Aids brain function and healthy mood balance
- Helps reduce the pain of rheumatoid arthritis, with conventional therapy
- Supports healthy bones and teeth
- Beneficial for the maintenance of good health
- Supports healthy development of the brain, eyes, and nerves in children up to 12 years

HOW IT WORKS

The high concentration of the omega-3 essential fatty acid EPA (eicosapentaenoic acid) in Sea-licious Omega-3 High EPA is particularly helpful for counteracting inflammatory reactions throughout the body. This includes reactions caused by oxidative stress in brain tissue and those that cause painful symptoms, such as rheumatoid arthritis in the joints.

EPA and DHA (docosahexaenoic acid) are both required for cardiovascular and overall brain health including cognitive, mental, and structural function. They are transformed into prostaglandins, which act like hormones to help regulate the body's inflammatory response by inhibiting the release of inflammatory proteins. They also promote the dilation of blood vessels and provide anti-arrhythmic benefits for cardiovascular health.

EPA and DHA contribute to the brain's structure through their integration into cell membranes. They are the foundation for building neurons and encourage healthy brain metabolism. EPA and DHA support cognitive function through cell membrane fluidity, receptor strength, and controlling signalling molecules, while influencing dopamine, serotonin, and norepinephrine production.

Vitamin D3 is the active form of vitamin D. Its main role is contributing to healthy bone mineralization by increasing the body's absorption of calcium and phosphorus through the intestines. This helps balance blood calcium levels.

OMEGA-3 HIGH EPA

CREATED WITH YOUR NEEDS IN MIND

RESEARCH

The typical North American diet is deficient in omega-3 fatty acids, making fish oil supplements a convenient and consistent source (1). Anchovies, sardines, and mackerel contain significant quantities of the omega-3s EPA and DHA, which are associated with many health benefits.

A large body of evidence consistently supports the cardioprotective effects of omega-3 fatty acids such that Health Canada recommends that Canadians eat at least two servings of fish per week in order to maintain a healthy heart (2). A review of 21 human studies on the supplementation of omega-3 essential fatty acids for more than six months concluded that omega-3s reduce the incidence of cardiovascular events by 10%. The analysis also identified a significant reduction in coronary problems among high-risk patients who took omega-3s regularly (1).

Fish consumption is also known to support cognitive health and mood balance (3). Cross-national and cross-sectional studies have revealed that people with a regular intake of omega-3s are less likely to be diagnosed with mood disorders. Similarly, people with existing mood disorders tend to have lower blood levels of omega-3s (3). In a placebo-controlled study, healthy medical students supplemented with 2085 mg of EPA and 348 mg of DHA per day for 12 weeks, compared to the control group. Those who were taking the omega-3s showed a 20% reduction in anxiety during and before exams (4).

EPA and DHA are particularly necessary for the healthy development of the brain, eyes, and nerves in children. Because of this, they have been flagged as important nutritional components for addressing prevalent cognitive disorders in children, including attention-deficit hyperactivity disorder (ADHD) (5). A systematic review and meta-analysis of 10 different trials on this subject identified that supplementation with omega-3 fatty acids is effective in helping to relieve symptoms of ADHD in children. The study assessed EPA doses ranging from 0 to 750 mg and found that the highest doses were most effective (5).

Vitamin D and omega-3 fatty acids both play a role in reducing activity of rheumatoid arthritis (RA). Vitamin D deficiency is a risk factor for RA, while the condition is also aggravated by the inflammatory effects of consuming a diet that is high in omega-6 compared to omega-3 fatty acids. Studies show that vitamin D and omega-3 supplementation can be used to enhance the pain-relieving effect of RA medication. A recent prospective study measured the effects of dietary omega-3s and vitamin D3 in RA patients in addition to their anti-rheumatic drug. RA patients with greater dietary intakes of omega-3s and vitamin D3 were found to score significantly better on EULAR (European League Against Rheumatism) response (6).

Astaxanthin is a member of the carotenoid family and considered one of nature's most potent antioxidants. Its high-antioxidant capacity is an added feature that complements the efforts of omega-3s in mitigating free radical damage and is a great addition for supporting the body's antioxidant capacity (7).

Each teaspoon (5 mL) contains:

Fish Oil (anchovy, sardine, and/or mackerel)	4.40 g
Omega-3 fatty acids	3000 mg
Eicosapentaenoic Acid (EPA)	1770 mg
Docosahexaenoic Acid (DHA)	885 mg
Vitamin D3 (cholecalciferol)	400 IU (10 mcg)

Recommended Dose:

Adults: 1 tsp (5 mL) daily.

Adults (rheumatoid arthritis): 1 ½ tsps (7.5 mL) daily.

Children and adolescents 1–18 years (all except rheumatoid arthritis & mood balance): ½ tsp (2.5 mL) daily.

Cautions: Keep out of the reach of children.

Contains no artificial colours, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, shellfish, salt, tree nuts, or GMOs.

References

1. Delgado-Lista, J., Perez-Martinez, P., Lopez-Miranda, J., et al. (2012). Long chain omega-3 fatty acids and cardiovascular disease: a systematic review. *Br J Nutr*, 107(Suppl 2): S201-13.
2. Health Canada. Eating well with Canada's Food Guide. 2011. Accessed August 7, 2017 from: <https://www.canada.ca/en/health-canada/services/food-nutrition/canada-food-guide/get-your-copy/eating-well-2007.html>
3. Messamore, E., Almeida, D., Jandacek, R., et al. (2017). Polyunsaturated fatty acids and recurrent mood disorders: Phenomenology, mechanisms, and clinical application. *Prog Lipid Res*, 66, 1-13.
4. Kiecolt-Glaser, J., Belury, M., Andridge, R., et al. (2011). Omega-3 supplementation lowers inflammation and anxiety in medical students: A randomized controlled trial. *Brain Behav Immun*, 25(8), 1725-34.
5. Bloch, M., Qawasmi, A. (2011). Omega-3 fatty acid supplementation for the treatment of children with Attention-Deficit/Hyperactivity Disorder Symptomatology: Systematic Review and Meta-Analysis. *J Am Acad Child Adolesc Psychiatry*, 50(10), 991-1000.
6. Lourdudous, C., Wolk, A., Nise, L., et al. (2017). Are dietary vitamin D, omega-3 fatty acids and folate associated with treatment results in patients with early rheumatoid arthritis? Data from a Swedish population-based prospective study. *BMJ Open*, 7(6):e016154-
7. Choi, H., Kim, J., Chang, M., Kyu-Youn, Y., et al. (2011). Effects of astaxanthin on oxidative stress in overweight and obese adults. *Phytother Res*, 25(12), 1813-8.

