

Omega-3 Fish Oil



Life Time Fitness Omega-3 Fish Oil contains ultra-pure Omega-3 essential fatty acids. Our fish oil comes from small, deep-water fish of the North Atlantic, South Atlantic, and Pacific Oceans. It is molecularly distilled, and tested to be free of mercury.

Life Time Fitness fish oil has a high concentration of EPA and DHA to provide the most benefit Omega-3s are known for.

FUNCTIONS

EPA & DHA: The omega-3 fatty acid EPA is the direct precursor for the prostaglandins E₁ and E₃, whereas DHA is of primary importance for the structural integrity of neuronal membranes. DHA is essential for brain and visual development and is vital throughout pregnancy to support fetal brain growth and formation of the retina and visual cortex. As the most abundant fatty acid in the brain, adequate amounts of DHA are needed throughout infancy and adulthood for ongoing optimal function. Low levels of DHA may adversely influence behavior and mental performance, and have been correlated with changes in disposition, memory loss, and visual and other neurological conditions.

Studies have shown that DHA, along with EPA may play an important role in cardiovascular health. One landmark study, the GISSI-Prevenzione Trial, involved over 11,000 people who had already survived myocardial infarction. This was the first large scale trial that showed supplementation of essential

fatty acids may support cardiovascular health, and that use of this supplement was safe. The exact reasons for such dramatic benefits remain unknown, but may be related in part to the ability of fish oil to support healthy processes. Studies indicate that EPA and DHA can act as precursors for the prostaglandins E₁ and E₃, and decrease the formation of potentially unwanted prostaglandin E₂ and thromboxane A₂. Scientists have also suggested that omega-3 fatty acids can have a direct cardiac effect on arrhythmogenesis. Omega-3 fatty acids may be able to modify sodium channels by binding to the channel proteins. This could then help support healthy heart rhythms.

As a benefit to those looking to lose weight, studies have shown that intake of Omega-3 fatty acids improves satiety, or feeling of fullness after a meal.

FORMULA

1 Softgel Contains:

Calories	10
Calories from Fat	10
Total Fat	1 g
Cholesterol	10 mg
Fish Oil	1200 mg
	providing
EPA	360 mg
DHA	240 mg

RECOMMENDED USE

Take 1 capsule, 2-4 times per day with food.

REFERENCES

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