

FISH OIL

FOR FITNESS



OMEGA-3 FOR YOUR HEALTH SERIES

Did you Know? **Omega-3 Fish Oil...**

- Supports optimal body-fat metabolism
- Supports healthy joints
- Promotes endurance and recovery from exercise
- Supports key anti-inflammatory pathways
- Is safe for long-term use
- Promotes the resolution of exercise-induced bronchoconstriction among athletes

EPA promotes cardiovascular and circulatory health, and supports healthy metabolism



What are EPA and DHA?

Extensive research finds that the most beneficial omega-3s are EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). Fish is a good food source of EPA and DHA, but, due to concerns about toxins such as mercury, a purified fish oil supplement is the safest and most reliable source of these essential fatty acids.^{1, 2} In addition, people with health issues often require a minimum of 2–4 grams a day for symptom relief, which is difficult to obtain from food alone.

The Difference Between Flax and Fish Oil

Omega-3 fatty acids fall into two major categories: plant derived (flaxseed) and marine derived (fish). Flaxseed oil contains alpha-linolenic acid (ALA), which can be partially converted to EPA and DHA, but that conversion is somewhat slow and can be inhibited by lifestyle and health factors. Research shows that approximately 5% of ALA converts to EPA, and just 1% converts to DHA, under optimal conditions. While flaxseed and flaxseed oil may contain many health-promoting benefits, they do not provide the necessary amounts of preformed EPA and DHA.

EPA and DHA work together in the body. However, each fatty acid has unique benefits. EPA supports key anti-inflammatory pathways, promotes cardiovascular and circulatory health, and can be beneficial for autoimmune and inflammatory disorders. DHA is a crucial foundation for cells in the brain, nervous system, and eyes, and as a result, benefits cognition, mood, fetal and infant development, and a healthy pregnancy.

Research shows that the most reliable source of omega-3s is a high-quality fish oil supplement



Fish Oil Supports Metabolism

Over 66% of the U.S. population is overweight or obese.³ Omega-3s from fish oil can help support healthy weight management. One study reported that the addition of a daily fish oil supplement (360 mg EPA + 1560 mg DHA) to an aerobic, activity-based weight-loss program, improved fat loss when compared to exercise alone.⁴

Promotes Key Anti-Inflammatory Pathways

Research shows that the natural anti-inflammatory effect of omega-3s may be therapeutic for conditions involving acute or chronic inflammation.⁵ Combining exercise with fish oil supplementation can provide the benefits of physical activity while also supporting important anti-inflammatory pathways.

Enhances Lung Function

Another study measured the effects of a daily fish oil supplement (3.2 g EPA + 2.2 g DHA) in elite athletes with exercise-induced bronchoconstriction (a.k.a. exercise-induced asthma). Although diet did not play a role in improving pulmonary function, adding a fish oil supplement did improve post-exercise pulmonary function.⁶

Promotes Healthy Circulation and Optimal Endurance

Good circulation is crucial for improving exercise endurance. The circulatory system is responsible for meeting oxygen and nutrient demands, and for removing metabolic waste such as lactic acid. Omega-3s have been shown to facilitate the circulatory process. One study showed that a short, six-week treatment with 3 g EPA and 2 g DHA per day enhanced brachial artery blood flow. These findings may have application for exercisers with heart disease.⁷



How To Choose A Fish Oil Supplement

There is a wide range of quality among fish oil supplements. Use the following guidelines to ensure a high-quality product:

- **Purity:** purified of mercury, lead, and other harmful toxins
- **Freshness:** minimized oxidation for no fishy taste
- **Taste:** fishy smell or taste means a poorly made oil
- **Triglyceride Form:** for optimal absorption and results
- **Third-Party Testing:** ensures quality, freshness, and purity
- **Sustainability:** responsible fishing protects our seas

How Much is Enough?

International experts recommend:

500 mg EPA+DHA	for deficiency prevention
1 g EPA+DHA	for proactive support
2–4 g EPA+DHA	for high-intensity support

Omega-3 product labels can often be confusing. Make sure to read the supplement facts to know how much EPA+DHA you are getting. A 1000 mg soft gel refers only to the size of the soft gel, not the levels of EPA+DHA.

Total Omega-3s	1280 mg	†
EPA (Eicosapentaenoic Acid)	650 mg	†
DHA (Docosahexaenoic Acid)	450 mg	†
Other Omega-3s	180 mg	†

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