



# DHA Ultimate

INTRODUCED AUGUST 2009

## What Is It?

Supercritical CO<sub>2</sub> extracted fish oil concentrate providing 840 mg DHA per serving. The omega-3 essential fatty acid DHA is well recognized for its ability to support neural and cognitive function. Fish oil containing DHA has also been associated with healthy lipid metabolism, platelet function, vascular health, joint function and skin health.\*

## Features Include

- High DHA concentrate for advanced support\*
- Solvent-free, supercritical CO<sub>2</sub> based extraction
- Low temperature, oxygen-free processing prevents oxidation reactions
- Stringent purity guidelines established by the CRN and WHO are followed
- Each batch of fish oils tested for environmental contaminants, oxidation and rancidity, and microbial contamination:
  - Acid value (< 3 mg KOH/g)
  - Peroxides (< 5 meq/kg)
  - Anisidine (< 20)
  - TOTOX (< 26)
  - Heavy metals (< 0.1 ppm)
  - Dioxins/furans (< 2 ppt WHO-TEQ)
  - Dioxin-like PCBs (< 3 ppt WHO-TEQ)
  - PCBs (< 0.09 ppm)

## Uses For DHA Ultimate

**Cognitive Support:** Epidemiological studies indicate that a high intake of DHA is associated with healthy cognitive function. DHA-rich diets have been shown to support healthy neuron and cell membrane function in the brain as well as healthy gene expression, cell cycle function, arachidonic acid metabolism, and inflammation balance. These actions are associated with the ability of DHA to help with mild memory problems associated with aging and

to help lessen occasional absentmindedness. Omega-3 fatty acids have also demonstrated the potential to support emotional well being.\*

**Heart Health:** EPA and DHA from fish oil promote cardiovascular health by supporting healthy triglyceride and lipid metabolism, promoting healthy blood flow and vascular function, and maintaining healthy platelet function.\*

**Joint Function:** Fish oil moderates the production of prostaglandins and leukotrienes, helping to maintain connective tissue health and comfort.\*

**Gastrointestinal Tract Comfort:** Studies suggest that omega-3 fatty acids may play a role in maintaining healthy gastrointestinal function and comfort by supporting healthy eicosanoid production.\*

**Skin Health:** Omega-3 fatty acids protect keratinocytes and skin fibroblasts from free radicals and immune mediators generated by sun exposure. Additionally, they help promote elasticity and hydration for smoother looking skin.\*

## What Is The Source?

DHA Ultimate is sourced from sardines and anchovies from the Pacific Ocean off the coast of Chile. The fish oil is produced in a low-temperature, oxygen-free, solvent-free, supercritical CO<sub>2</sub> based extraction process using advanced "green technology". This process produces 75% less carbon emissions than other methods of fatty acid extraction and purification.

## Recommendations

Pure Encapsulations recommends 2 softgels per day, with meals.

*(continued)*

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

## Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. At this time, there are no known side effects or precautions. Consult your physician for more information.

## Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications, though some health professionals caution against taking with blood thinning medications due to a potential synergistic action. Consult your physician for more information.

### DHA Ultimate

<b>two softgels contain</b>	<b>11 sg</b>
calories .....	10
calories from fat .....	10
total fat.....	1 g
vitamin E (mixed tocopherols).....	2 i.u.
fish oil concentrate (anchovies, sardines).....	1,400 mg
providing:	
DHA (docosahexaenoic acid).....	840 mg
EPA (eicosapentaenoic acid).....	140 mg
other ingredients: gelatin capsule	
<b>2 softgels per day, with meals.</b>	



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