



Fish Oil Concentrate Three Phase Molecular Distillation

Omega GOLD

Natural Lemon Flavor
90 Softgel Capsules



Julia T. Hunter M.D.
Wholistic Dermatology™
Treating the body as a whole

Physica Energetics

Inflammation, Cardiovascular, Mood & Behavior, etc.

Indications:

- Anti-Inflammatory
- Joint, Muscle, Ligament
- Cardiovascular support
- Helps lower Cholesterol
- Mood Enhancer
- Memory
- Skin Conditions
- Calcium Transport
- Elevated Blood Sugar Risk
- Hypoglycemia Risk
- Thyroid Conditions
- Attention conditions

Directions:

2-6 per day depending on the degree of problems you are experiencing and age. Up to age 40 recommended for general wellbeing 2 pills per day or 3-4 (ideally 2 twice a day AM and anytime PM) if more significant challenges. 4-6 pills per day age 40 and older and if more substantial challenges. Can contribute to prolonging clotting so consult your physician if using other anti-inflammatories or blood thinners.

Please consult with your Physician at all times before taking any supplementation.

Fish oils have attracted much attention for the far reaching health benefits attributed to the essential fats they contain. These fats are known as DHA (docosahexaenoic acid), and EPA (eicosapentaenoic acid).

Known as omega-3 fatty acids, the essential oils in fish have been shown to help protect against inflammation, risk of cardiovascular disease, high blood pressure, high cholesterol, diabetes, obesity, mood disorders, dementias, skin disorders, etc.

Omega GOLD contains highly valued EPA and DHA. Eicosapentaenoic acid (EPA) and Docosahexaenoic acid (DHA) which are two fatty acids belonging to the Omega-3 family. They differ considerably from alpha linolenic acid (ALA), the Omega-3 fatty acid derived from flax seed oil, canola oil, and other plant sources. Fish provides the only available source of high value EPA and DHA although a few marine algae contain low amounts.

The reasons why these fatty substances are so important revolve around their role in cellular membranes. A diet that is deficient in omega-3 fatty acids, particularly EPA and DHA, results in altered cell membranes. Without a healthy membrane, cells lose their ability to hold and receive water, vital nutrients, and electrolytes and rid byproducts of functioning.

They simply do not function nor communicate properly. Cell membrane dysfunction has been shown to be a critical factor in the development of many chronic diseases and aging.

Helps Reduce Joint Pain & Inflammation. Fish oil has been studied as a treatment for symptoms associated with dysfunctional immune activity- Rheumatoid Arthritis, Inflammatory bowel issues and breathing dysfunctions. Fish oil has been shown to effectively help reduce pain and other patterns of inflammation such as those found in joint, muscles and ligaments.

Fish oils can also play a role in brain function. Studies have shown that low levels of the omega-3 fatty acids found in fish oils are associated with ADD/ADHD, depression and mood issues and Alzheimer's disease.

Fish oils are also shown to be extremely beneficial to the cardiovascular system. Unlike other fats, fish oils can help to protect against heart disease and its debilitating results. Omega-3 fatty acids may help lower cholesterol/triglyceride levels and blood pressure, guard against blood clots and maintain the elasticity of blood vessels.

**Green and Eco-friendly
Three Phase
Molecular Distillation
Process**

**A high potency, pure,
balanced EPA/DHA Fish
Oil
Concentrate**



Ingredients (per 2 softgel capsules):

Fish oil concentrate 1600 mg
Eicosapentaenoic acid (EPA) 820 mg
Docosahexaenoic acid (DHA) 630 mg
Natural Lemon Flavour, Antioxidant Blend (consisting of rosemary extract, ascorbyl palmitate and natural tocopherols).

Omega GOLD

The American Heart Association recommends omega-3 for people who need to decrease triglyceride levels eg in associated liver congestion, Type 2 diabetes. This compelling evidence has lead both the American Heart Association and the American Diabetes Association to openly recommend the daily consumption of fish and/or daily use of fish oil supplements.

Age-related macular degeneration (AMD) is a disease that affects central vision, a common cause of vision loss among people over the age of 60. A study conducted at the National Eye Institute, in Maryland, suggests that dietary omega-3 long-chain polyunsaturated fatty acid intake is associated with a decreased risk of AMD progression. [Arch Ophthalmol. 2008 Sep;126(9):1274-9 AREDS report no. 23

Lowers incidence of obesity. According to a study involving 124 adults, researchers found that the subjects with higher levels of omega-3 had lower weight and smaller waists and hips than the subjects with lower levels of omega-3.[British Journal of Nutrition (published online ahead of print), doi: 10.1017/S0007114509382173. Authors: M. Micallef, I.Munro, M. Phang, M. Garg]

Asthma is a mediator-driven inflammatory process in the lungs and the most common chronic condition in childhood. In a study published in the American Journal of Clinical Nutrition, respiratory benefit was achieved when increasing omega-3 intake. [American Journal of Clinical Nutrition, Vol 65, 1011-1017]

Physica Energetics uses a three phase molecular distillation process that takes only 45 seconds under a light and oxygen-free, high pressure vacuum. This shortening of the "sit" or "residence" time for the process greatly improves the quality because it guarantees that no trans-fats are created. Most other molecular distillation processes and steam distillation have the potential to create trans-fats because of the length of time the oil sits at high temperature. Three phase molecular distillation is considered one of the more expensive purification methods due to the unique equipment required, maintenance and the involved process.

In order to deliver pharmaceutical grade molecularly distilled fish oil, Physica chose a high grade ethanol which is removed in the final process of the three step process to confidently ensure that this powerful process of purification yields only the very best product for you.

Omega GOLD meets the challenges of Green and ECO-Friendly manufacturing and delivery systems. Safe processing and

manufacturing is always a high priority. This is particularly significant when working with fish oils due to the multiplicity of contaminants which find their way into the worlds' fish supply.

Media has recently drawn attention to harmful levels of contaminants in commercially available fish oil preparations. Historically, concerns centered upon heavy metal content (mercury, arsenic, cadmium, lead). Recently, further concerns have been raised regarding levels of PCB's and radiation. Third party testing also guarantees that Omega GOLD is free of pesticides, radiation issues, PCB's, dioxin, hexene (manufacturing solvent) and heavy metals including mercury.

Clean Softgels. Great care has been taken in selection of raw materials, and extensive purification is utilized to make sure our softgels are free of contamination by environmental pollutants. Omega GOLD softgels are processed without solvents, and are completely free of chemicals such as hexane. They are also Kosher, Halal. ISO 9002, Pharma DMF Canada and BSE-free certified

| RESEARCH CITATIONS | DOSAGE USED IN HUMAN STUDIES | # Capsules |
|--|---|------------|
| General cardiovascular health <small>Kris-Etherton PM, Harris WS, Appel LJ: AHA Nutrition Committee. American Heart Association. Omega-3 fatty acids and cardiovascular disease: new recommendations from the American Heart Association. Arterioscler Thromb Vasc Biol. 2003;23(2):151-2.</small> | 850mg of combined EPA and DHA per day. Larger dosages (2000- 4000mg combined EPA and DHA) per day appear to deliver even further benefit. | 1-4 daily |
| Cholesterol benefit (lower triglyceride, raise HDL, Type 11 Diabetes) <small>Bantle et al. Nutrition recommendations and interventions for diabetes. A position statement of the American Diabetes Association. Diabetes Care. 2007;30(1): S48- S65.</small> | No less than 2000mg per day of combined EPA and DHA. Benefit increases as dosage increases, to a maximum of 4000mg per day of combined EPA and DHA. | 2-4 daily |
| Adult mood and behavior <small>Freeman MP, Hibbeln JR, Wisner KL, Davis JM, Mischoulon D, Peet M, Keck PE Jr, Marangell LB, Richardson AJ, Lake J, Stoll AL. Omega-3 fatty acids: evidence basis for treatment and future research in psychiatry. J Clin Psychiatry. 2006;67(12):1954-67.</small> | Minimum 1000mg EPA per day. | 2 daily |
| Childhood mood and behavior <small>Freeman MP, Hibbeln JR, Wisner KL, Davis JM, Mischoulon D, Peet M, Keck PE Jr, Marangell LB, Richardson AJ, Lake J, Stoll AL. Omega-3 fatty acids: evidence basis for treatment and future research in psychiatry. J Clin Psychiatry. 2006;67(12):1954-67.</small> | Minimum 500-600mg EPA per day. | 1-2 daily |
| Inflammation (joint pain, asthma inflammatory bowel disease, SLE). <small>Goldberg RJ, Katz J. A meta-analysis of the analgesic effects of omega-3 polyunsaturated fatty acid supplementation for inflammatory joint pain. Pain. 2007 May;129(1-2):210-23.</small> | 2000- 4000mg of combined EPA and DHA per day. | 1-4 daily |
| Pregnancy <small>Simopoulos AP, Leaf A, Salem N Jr. Workshop on the Essentiality of and Recommended Dietary Intakes for Omega-6 and Omega-3 Fatty Acids. J Am Coll Nutr. 1999;18(5):487-9.</small> | Minimum 300mg DHA per day. | 1-2 daily |