

# Omega Matrix

Molecularly distilled omega-3 fatty acids providing 400mg EPA, 200mg DHA, and 200mg borage oil providing 48mg GLA in each softgel.

Gluten Free

Soy Free

Dairy Free



- Each softgel delivers a minimum of 400mg EPA and 200mg DHA, sourced from wild Norwegian sardine, mackerel and anchovies, with added vitamin E for improved stability
- The addition of 200mg borage oil provides 24% GLA content for a total of 48mg GLA per softgel, adding anti-inflammatory properties
- Indicated for systemic inflammatory conditions such as cardiovascular disease, arthritis, autoimmunity, cognitive decline, mood disorders, eczema, premenstrual syndrome, and dry eye syndrome
- Molecularly distilled to ensure the end product is free from heavy metals, organophosphate compounds and unwanted contaminants
- Available in 180-softgel bottles

The modern diet has seen a drastic reduction in the intake of omega-3 fatty acids, compounded by a significantly greater intake of omega-6 fatty acids. This is problematic as many of our tissues rely on fatty acids for proper synthesis and communication. If the appropriate fatty acids are not available, the implications for overall health are vast. Ultimately, a relative deficiency of omega-3

fatty acids can lead to a pro-inflammatory state and increase the risk of chronic disease.

The active compounds responsible for the widespread benefits of fish oil supplementation have been identified as eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Although both are important for various aspects of human health, EPA is generally regarded as an anti-inflammatory fatty acid while DHA is primarily responsible for neurodevelopment and nerve protection.

EPA and DHA have been clinically studied in a variety of health conditions. For example, supplementation with these omega-3 fatty acids have been found to be beneficial for cardiovascular health, rheumatoid arthritis, autoimmunity, cognition, mood, skin health and atopic concerns, to name just a few clinical indications. Simply put, EPA and DHA should be considered for any systemic inflammatory condition.

Although an excess of omega-6 fatty acids can be problematic, not all omega-6 fatty acids should be vilified. For example, Gamma Linolenic Acid (GLA) is an omega-6 fatty acid commonly found in plant seeds such as evening primrose, borage and hemp. When provided together with omega-3 fatty acids

such as EPA and DHA, GLA conversion to prostaglandin E1 is encouraged. PGE1 has anti-inflammatory effects and also has the ability to induce smooth muscle relaxation. Most importantly, clinical trials with GLA have demonstrated benefits in arthritis, eczema, hypercholesterolemia, premenstrual syndrome and dry eye syndrome.

Omega Matrix is molecularly distilled, without the use of chemicals or solvents, to ensure purity and removal of harmful compounds such as heavy metals and organophosphate compounds. Omega Matrix includes 400mg EPA, 200mg DHA and 200mg of borage oil per softgel. The borage oil contains 24% GLA content for a total of 48mg GLA in each softgel. Mixed tocopherols are added to the formula to protect against and prevent oxidation. Available in 180-softgel bottles.

#### Each softgel contains

Fish oil .....	1000mg
(anchovies, sardines and mackerels)	
EPA .....	400mg
(eicosapentaenoic acid)	
DHA .....	200mg
(docosahexaenoic acid)	
Borage oil .....	200mg



\*The Certification Mark is a registered trademark of Nutrasource Diagnostics Inc.

#### Non-Medicinal Ingredients

D-alpha tocopherol. Capsule: gelatin, glycerin, purified water.

#### Recommended Use Claim

Helps support cardiovascular health. Helps to reduce serum triglycerides. Helps support cognitive health.

#### Directions of Use

Adults (18 years and older) - Take 1 softgel, 3 times per day with food.

#### Cautions and Warnings

Keep out of reach of children.

#### Storage Conditions

Do not use if safety seal is broken.