



## NUMEGA 3 Omega 3 1000mg Softgel

### INDICATED CLAIMS

- Source of omega-3 fatty acids for the maintenance of good health.
- Helps support Cognitive health and/ or brain function.

### GENERAL INFORMATION

Fish oils, also known as marine oils, are lipids found in fish particularly cold water fish, and other marine life such, phytoplankton. These oils are rich sources of long chain polyunsaturated fatty acids (LCPUFA) of the n-3 (omega-3) type. The two most studied fish oils are the 20 Carbon eicosapentaenoic acid (EPA; C20:5n-3) and the 22-carbon docosahexaenoic acid (DHA; C22:6n-3). DHA is a vital component of the phospholipids of human cellular membranes, especially those in the brain and retina. Both EPA and DHA are found naturally in the form of triacylglycerols or TAGs.

Supplemental fish oils have triglyceride-lowering activity. They may also have anti-inflammatory, anti-thrombotic and immunomodulatory actions.

EPA and DHA are also important for maintenance of normal blood flow as they lower fibrinogen levels and prevent platelets from sticking to each other. DHA is vital for normal brain developments for the fetus and infant and for the maintenance of normal brain function throughout life. DHA appears to be a major determinant of membrane fluidity in brain cells, and this could play a major role in the maintenance of normal cognition and mood.

### PHARMACOKINETICS

Different forms of fish oil are commercially available. The natural forms of EPA and DHA, as found in fish and phytoplankton, exist in the form of triacylglycerols (TAGs). These are the forms most commonly available at present. More concentrated forms of EPA and DHA are the EPA and DHA ethyl esters and free EPA and DHA. The pharmacokinetics of these forms is similar.

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EPA- and DHA-laden triacylglycerols, following ingestion, undergo hydrolysis via lipases to form monoglycerides and free fatty acids. In the enterocytes, reacylation takes place reforming TAGs, which are then assembled with phospholipids, cholesterol and apoproteins into chylomicrons. The chylomicrons are released into the lymphatics from whence they are transported to the systemic circulation. In the circulation, the chylomicrons are degraded by lipoprotein lipase, and EPA and DHA are transported by the circulation to various tissues of the body where they are used mainly for the synthesis of phospholipids. These phospholipids are incorporated into the cell membranes of red blood cells, platelets and CNS cells, among others. EPA and DHA are mainly found in the phospholipids components of the cell membranes. DHA is taken up by the brain in preference to other fatty acids. DHA can partially retroconvert to EPA, and EPA may partially convert to DHA.

Enteral absorption of EPA and DHA is at least as good from semi-synthetic ethyl esters as it is from the natural forms.

Numega 3 with (omega 3 fish oil (18/12) 1000mg) formulated to support Cognitive health and/or brain function.

### **NUMEGA 3 Omega 3 1000mg Softgel**

#### **Product information**

Available as 90 softgels

Each softgel contains:

Fish oil 1000mg (180mg EPA, 120mg DHA)

Non-medicinal ingredients: gelatin, glycerin, Tocopherols Excipient NF and purified water.

Directions for use: take 1 or 2 softgel three times daily or as directed by your health care practitioner.

#### **Benefits:**

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- Maintains healthy brain and nerve cell function
- Helps support Cognitive health
- Helps reduce high blood pressure
- Decreases the production of inflammatory substances to reduce joint swelling and the associated pain of arthritis
- Reduces stress-induced cortisol secretion, Decreases flaking and itching associated with eczema and psoriasis

### **CONTRAINDICATIONS**

Known hypersensitivity to a fish oil-containing product

### **PRECAUTIONS**

Fish oil supplements should be used by children, pregnant women and nursing mothers only if recommended and monitored by a physician. Because of the possible antithrombotic effect of fish oil supplements, hemophiliacs and those taking warfarin (Coumadin) should exercise caution in their use. Fish oil supplements should be stopped before any surgical procedure. Conflicting results have been reported regarding the effects of fish oil supplements on glycemic control in those with glucose intolerance including type 2 diabetics. Some early studies indicated that fish oil supplements might have detrimental effects in those groups. Recently, better designed studies have not reported these adverse effects. There is no evidence that fish oil supplements have detrimental effects on glucose tolerance, insulin secretion or insulin resistance in non-diabetic subjects. Diabetics should discuss the use of these supplements with their physicians and note if the supplements affect their glycemic control. Diabetics who take fish oil supplements should be monitored by their physicians.

### **ADVERSE REACTIONS**

There have been no reports of serious adverse events in those taking fish oil supplements, even up to 15 grams daily for prolonged periods of time. Those side effects that have been reported include mild gastrointestinal upsets such as dyspepsia, nausea and diarrhea, halitosis, eructation and "fishy" smelling breath, skin and even urine. The blood-thinning

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effects can cause occasional nosebleeds and easy bruising. Diabetics may experience worsening of glycemic control.

### **INTERACTIONS**

Interactions may occur between fish oil supplements and aspirin and other non-steroidal anti-inflammatory drugs and herbs such as garlic (*Albus sativum*) and ginkgo (*Ginkgo biloba*). Such interactions might be manifested by increased susceptibility to bruising, nosebleeds, hemoptysis, hematemesis, hematuria and blood in the stool: Most who take fish oil supplements and the above drugs or herbs do not suffer from these problems, and, if they occur, they are rare. If they do occur, the dose should be lowered or discontinued.

### **OVERDOSAGE**

Not reported.

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