

FINEST PURE FISH OIL ULTRA + D CAPSULES

Convenient, double-potency triglyceride fish oil plus vitamin D

- Each softgel offers 800 mg of EPA/DHA for optimum maintenance of health[†]
- Provides 25 mcg (1,000 IU) of vitamin D per serving
- Supports cognitive function and cardiovascular health[‡]
- Promotes bone health and immune system function[‡]

Finest Pure Fish Oil Ultra + D Capsules contain a high concentration of quality EPA and DHA in the bioavailable triglyceride form. EPA and DHA are profoundly beneficial for cardiovascular health, as they promote healthy lipid metabolism, heart rates, and platelet and endothelial function. Fish oil is also heavily involved in supporting cognitive health, including episodic memory and learning in older adults. Furthermore, the importance of DHA in the development of the infant brain during pregnancy and the neonatal period is now widely recognized. These omega-3 fatty acids have also been traditionally used to support mobility of joints and provide joint comfort and function. This formula offers triglyceride-form fish oil, which has demonstrated greater bioavailability than ethyl esters in clinical research. Specifically, one study reported a significantly higher increase in the omega-3 index after six months of supplementation with triglyceride fish oil than an identical dose of ethyl esters. This formula is also enhanced with 25 mcg (1,000 IU) of vitamin D per serving to support optimal bone health and immune system function.[‡]



SUPPLEMENT FACTS

Serving Size 1 Softgel
Servings per Container 60

	Amount per serving	%DV
Calories	15	
Total Fat	1.5 g	2% [^]
Cholesterol	<5 mg	1%
Vitamin D (as cholecalciferol)	25 mcg (1,000 IU)	125%
Fish oil (from anchovy, sardine and mackerel)	1,430 mg	*
Yielding		
Eicosapentaenoic acid (EPA)	475 mg	*
Docosahexaenoic acid (DHA)	325 mg	*
Total omega-3	830 mg	*

* Daily value (DV) not established

[^] Percent daily values (DV) are based on a 2,000 calorie diet

Other ingredients: Capsule (bovine gelatin, glycerin, purified water), sweet orange oil, mixed tocopherols concentrate

Contains: Fish (anchovy, sardine and mackerel)

Recommended Dose

One softgel taken once daily or as professionally directed.

Size

60 softgels

Product Code

FA64-60

Scientific Rationale:

The adequate provision of a balanced spectrum of fatty acids is one of the cornerstones of optimum nutrition. In many cases, dietary intake of the most beneficial fatty acids, especially polyunsaturated fatty acids (PUFAs), is deficient.¹ Specifically, the typical Western diet provides low levels of omega-3 fatty acids, including eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).¹ It is therefore desirable to supplement fatty acid intake with high-quality sources such as fish oil, which can increase EPA and DHA levels without the contaminants associated with the intake of wild or farmed fish.^{2,3*}

Research suggests that EPA and DHA support a wide variety of body functions, including cardiovascular, joint and cognitive health.^{2,4} They may be especially important to promoting overall well-being as precursors in the synthesis of eicosanoids and related lipid mediators, including resolvins and protectins.⁴ Notably, EPA is involved in the production of 3-series prostaglandins and 5-series leukotrienes, and may reduce the synthesis of eicosanoids derived from the omega-6 fatty acid arachidonic acid (such as prostaglandin E2 and leukotriene B4).^{4*}

Fish oils have been found to support a healthy heart and circulatory system by promoting healthy lipid metabolism, heart rates, and platelet and endothelial function.³ Daily supplementation with 300 mg of EPA and 200 mg of DHA for 14 days in a randomized, placebo-controlled trial significantly promoted endothelial function (as measured by endothelium-dependent brachial artery flow-mediated vasodilation) and a healthy resting heart rate.⁵ Likewise, fish oil supplementation (180 mg of EPA and 120 mg of DHA daily for six months) significantly promoted endothelial function and a healthy lipid profile.^{6*}

EPA and DHA also support joint health, in part by moderating the release of eicosanoid mediators.⁴ By regulating T-cell reactivity, reactive oxygen species production and cytokine release from immune cells, these fish oils may provide additional support for healthy immune responses to ultimately promote joint health.⁴ Clinical research has demonstrated significant promotion of joint comfort and hand grip strength after daily supplementation with 3 g of omega-3 fatty acids for 12 weeks.⁷ Similarly, another trial reported omega-3 intake led to significant improvements in joint health and other measures of daily function after 24 weeks.^{7*}

As one of the most important omega-3 fatty acids in the brain, DHA is well-recognized for its beneficial effects on cognitive health.⁸ This fish oil is critical for the proper development of the brain and retina in young children.² Additionally, it may be especially beneficial to the aging brain, which is susceptible to

oxidative changes that can impact learning and memory.⁹ In a randomized, double-blind, placebo-controlled trial involving older adults, daily supplementation with 900 mg of DHA for 24 weeks significantly promoted cognitive function, including episodic memory and learning.¹⁰ Preclinical research suggests that DHA may function by mediating membrane fluidity, the formation of synapses, and cytokine production.^{8*}

Finest Pure Fish Oil Ultra + D Capsules support cognitive, cardiovascular and joint health in a convenient softgel format. Each dose provides highly concentrated EPA and DHA in the triglyceride format, which has been demonstrated to be more bioavailable than ethyl esters.¹¹⁻¹³ Specifically, one study compared the ability of these two fish oil formats to increase the omega-3 index, the percentage of EPA and DHA in red blood cell membranes and an indication of an individual's long-term omega-3 fatty acid intake.¹⁴ Study results found that supplementation with EPA and DHA in the triglyceride form for six months significantly increased the omega-3 index to a greater extent than the same dose provided in ethyl ester form.¹⁴ To further provide a high-quality fish oil, Pharmax's refining process extracts contaminants to result in ultra pure fish oil that contains virtually undetectable levels of heavy metals and chlorinated phenolic products called PCBs. Additionally, every batch of fish oil is independently tested by third parties to ensure its purity, providing the ultimate level of assurance.*

This formula also includes 25 mcg (1,000 IU) of vitamin D per dose to support optimal bone and immune health. Vitamin D is primarily recognized for its ability to support bone strength, as it plays important roles in calcium absorption, bone mineralization and healthy bone cell activity.¹⁵ According to recent research, a daily dose of 10 mcg (400 IU) of vitamin D promotes bone growth in children, while 15 mcg (600 IU) daily supports bone health in adults and adolescents.^{16,17} In addition, 20 mcg (800 IU) of the vitamin each day helps maintain bone health in older adults by supporting hip and non-vertebral bones.^{17,18} Additional research has demonstrated the beneficial effects of vitamin D on the immune system.¹⁹⁻²¹ While low intake of vitamin D is associated with decreased upper respiratory immune function, supplementation with vitamin D contributes to healthy immune cell function.¹⁹⁻²¹ Specifically, vitamin D supports the proliferation of T and B cells, phagocytic activity of macrophages, and healthy cytokine balance.²² One clinical trial reported that daily intake of 25 mcg (1,000 IU) of vitamin D for three months supported healthy immune system function, as it significantly regulated the production of IL-2, IL-4, IL-6, and IFN- γ .^{23*}

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