



Super Omega-3 Plus EPA/DHA with Sesame Lignans, Olive Extract, Krill & Astaxanthin

120 softgels,

Item Catalog Number: 01988

Researchers have long known the benefits of the omega-3 fatty acids found in the Mediterranean diet, but now a new branch of research is showing surprising results: omega-3 fatty acids from different sources have complementary benefits throughout the body. As part of our OMEGA FOUNDATIONS® line, Super Omega-3 Plus EPA/DHA with Sesame Lignans, Olive Extract, Krill & Astaxanthin provides omega-3 fatty acids from krill oil and fish oil, which together have been shown to provide enhanced support for your cardiovascular system and your brain.

Benefits at a Glance

- Provides two complementary sources of omega-3 fatty acids
- Krill oil and fish oil have been shown to support cardiovascular health and the brain
- Unique formula provides antioxidant support
- Sesame lignans guard against lipid peroxidation, thus extending stability of DHA in the body
- Omega-3 fatty acids are necessary to help counter excessive omega-6 fatty acid consumption

Dietary studies suggest that most Americans consume too many pro-inflammatory omega-6 fatty acids relative to the omega-3 fatty acids that are a major component of the Mediterranean diet.¹ Both fish oil and krill oil provide omega-3 fatty acids to help restore the omega-6/omega-3 balance.² Research has also shown that consuming omega-3 fatty acids from fish oil results in more rapid uptake into plasma triglyceride and platelet phospholipids, which provides targeted benefits to the cardiovascular system.³ Similarly, the omega-3s found in krill oil are incorporated more rapidly into the red blood cell phospholipids, which are quickly absorbed into brain cells.³

Made with fish oil so pure, it exceeds international standards.

This OMEGA FOUNDATIONS® supplement features AlaskOmega® — a sustainably harvested fish oil made from wild caught cold-water Alaska Pollock and processed in the United States within hours of harvest for exceptional freshness. It is produced with a proprietary technology that purifies the fish oil with a highly advanced distillation process that reduces environmental pollutants. The result is a fish oil so pure, it actually exceeds standards set by international rating agencies. And it's also produced from a Marine Stewardship Council (MSC) certified sustainable fishery that is dedicated to

sustainable harvesting practices and protection of the fishery ecosystem.

This formula has been fortified with additional astaxanthin, which is naturally found in krill oil. Astaxanthin is a powerful antioxidant carotenoid that has been shown to control free radical activity and boost mitochondrial function.⁴ A large body of research suggests that astaxanthin helps support joint, DNA,^{5,6} brain,^{7,8} cardiovascular,^{9,10} immune,^{11,12} and mitochondrial health.¹³⁻¹⁶ It also supports healthy blood glucose levels for those already in the normal range,¹⁷⁻¹⁹ and protects sensitive cells in the eye.²⁰⁻²³

Additionally, this formula has been enhanced with a standardized olive fruit polyphenol extract. Research shows that polyphenol extracts from olive fruit help protect normal LDL cholesterol from oxidation.²⁴⁻²⁸ The amount of standardized polyphenol fruit extract is equivalent to the polyphenol content found in 8 to 12 tablespoons of extra virgin olive oil. The combination of olive oil and fish oil is more effective with inflammation than either placebo or fish oil alone.²⁹

Finally, the addition of sesame lignans supports the omega-3 fatty acids by making them more stable.^{30,31} Sesame lignans have been shown to guard against lipid peroxidation in omega-3 fatty acids, thus protecting the DHA in the body.

With a natural lemon flavor added to improve taste and palatability, this formula provides both fish oil and krill oil together to maximize your omega-3 benefits and powerfully boost your health. Add it to your regimen today!

Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.

Ratings based on results of the 2016 ConsumerLab.com Survey of Supplement Users.

More information at www.consumerlab.com/survey2016.

References

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Supplement Facts

Serving Size 2 softgels

Servings Per Container 60

Amount Per Serving

Calories	25
Calories from Fat	25
Total Fat	2.5 g
Cholesterol	< 5 mg
Pure+™ Wild Fish Oil and Antarctic Krill (<i>Euphausia superba</i>) Oil Concentrates	2350 mg

Yielding:

EPA (eicosapentaenoic acid)	750 mg
DHA (docosahexaenoic acid)	510 mg
Typical DPA (docosapentaenoic acid)	50 mg
Phospholipids	60 mg

Polyphen-Oil™ Olive extract (fruit and leaf) [providing 45 mg polyphenols, 11.25 mg verbascoside/oleuropein, 7.5 mg hydroxytyrosol]	200 mg
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Sesame seed lignan extract	5 mg
Natural Astaxanthin (from CO2 extract of <i>Haematococcus pluvialis</i> algae)	2 mg

Other ingredients: highly refined fish oil concentrate (Alaska Pollock), gelatin, glycerin, purified water, safflower oil, silica, natural lemon flavor, caramel color, maltodextrin, gum acacia, rosemary extract, mixed tocopherols.

Contains crustacean shellfish (krill).

Non-GMO

Dosage and Use

- Take two (2) softgels twice daily with meals, or as recommended by a healthcare practitioner.

Caution

If you are taking anti-coagulant or anti-platelet medications, or have a bleeding disorder, consult your healthcare provider before taking this product.

Warnings

These statements have not been evaluated by the Food and Drug Administration.
These products are not intended to diagnose, treat, cure, or prevent any disease.

Life Extension does not provide medical advice, diagnosis or treatment.

[See additional information.](#)

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