



Triple Fish Oil

Nature's Harmony® Triple Fish Oil helps maintain healthy heart and brain function. This potent fish oil formula provides the important omega-3 fatty acids EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid).

PRODUCT CODE: 400740

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
For the maintenance of healthy heart and brain function.	Softgel capsule	Take 2 capsules per day.

DESCRIPTION:

Nature's Harmony® Triple Fish Oil is a rich source of the omega-3 fatty acids EPA and DHA, which are found in the fatty meat of cold-water fish such as anchovy, mackerel and sardines. These essential fatty acids are thought to support healthy heart and brain function, and to have an anti-inflammatory effect. Triple Fish Oil utilizes a combination of Norwegian sardines and anchovies, which contain large quantities of these beneficial omega-3 fatty acids. Furthermore, use of these fish ensures that the product is free from contaminants since their diet includes pristine ocean life.

Recommended Daily Allowance: N/A

Food Sources: Cold-water fish as well as flaxseed, canola oil, walnuts, soybeans, whole grains and leafy greens.

Causes of Deficiency: A diet low in omega-3 fats and high in hydrogenated vegetable oils and saturated fats.

Symptoms of Deficiency: Improper brain development and function, inflammation, increased risk of heart disease, poor vision.

Complementary Nutrients: Aged garlic extract.

HOW IT WORKS:

The body uses the omega-3 fatty acids from fish oil to produce eicosanoids, which are potent substances that help, maintain healthy blood, decrease cholesterol levels and reduce inflammation. Omega-3 fatty acids are also important elements of healthy brain and nerve cell membranes. In the specific amounts of 18% EPA and 12% DHA, as found in Nature's Harmony® Triple Fish Oil, omega-3 fatty acids can help keep blood triglyceride levels low (high triglycerides are associated with increased risk of heart disease), decrease cholesterol production in the liver and inhibit the progression of arteriosclerosis (hardening of the arteries).



DID YOU KNOW...

Research shows that fish oils can help reduce the risk of cancer. A study in the UK found that a diet rich in fish oils and omega-3 fatty acids from nuts and seeds may protect men with prostate cancer from developing a more aggressive form.

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RESEARCH:

Over the last 20 years, omega-3 fats and fish oils have been involved in several groundbreaking clinical trials, changing the way we think about fats in our diet. Recently, a study from the University of Guelph found that female participants taking an omega-3 supplement that contained DHA and EPA for one month had a 26% decrease in triglyceride levels in their blood. Other studies with fish oils have shown similar results, lowering triglyceride levels anywhere from 20 to 50% and also helping to lower LDL, or bad, cholesterol while increasing HDL, or good, cholesterol. In addition to their heart healthy benefits, studies show fish oils can be beneficial for joint pain, Crohn's disease, psoriasis and depression.

SIDE EFFECTS:

No known toxicity or serious side effects. High doses of fish oil supplements may cause stomach upset and diarrhea. Do not exceed recommended daily dosage.



INTERACTIONS AND SAFETY CONSIDERATIONS:

Pregnant or breastfeeding women, diabetics and patients on anticoagulants (blood thinners) or antihypertensive (high blood pressure) medications should consult with their health care practitioner before use.

OTHER CONSIDERATIONS:

The fish oil is extracted by a natural process, tested to be free from contaminants (e.g., mercury, lead, dioxins, PCBs) and protected with nitrogen during transport.

LABEL:

 <p>Triple huile de poisson Acides gras oméga-3 AEP à 18% et ADH à 12% 1000 mg</p> <p>Aide au maintien d'un cœur en santé et des fonctions cérébrales saines</p> <p>90 gélules NPN 80000815</p>	<p>Usage recommandé: Aide au maintien d'un cœur en santé et des fonctions cérébrales saines. Dose recommandée (adultes): Prendre 2 gélules par jour. Ingrédients médicinaux: Chaque gélule contient: Huile de poisson (anchois, sardine, saumon) ... 1000 mg fournissant: Acide eicosapentaénoïque (AEP) 18% Acide docosahexaénoïque (ADH) 12% Ingrédients non médicinaux: vitamine E, gélatine, glycérine. Ce produit ne contient ni maïs, ingrédients laitiers, œuf, gluten, crustacés, sulfites, blé, ni colorants, arômes ou agents de conservation artificiels. Ce produit a été soumis à des essais de qualité et est conforme aux normes internationales sur le dépistage d'arsenic, de cadmium, de plomb, de mercure, et de résidus de pesticides et de solvants.</p> <p>RANGER DANS UN ENDOIT FRAIS ET SEC. TENIR HORS DE LA PORTEE DES ENFANTS.</p>	<p>Recommended Use: Helps maintain healthy heart and brain function. Recommended Dose (Adults): Take 2 softgels daily. Medicinal Ingredients: Each softgel contains: Fish Oil (anchovy, sardine, salmon) ... 1000 mg providing: Eicosapentaenoic acid (EPA)18% Docosahexaenoic acid (DHA)12% Non-medicinal Ingredients: Vitamin E, gelatin, glycerin. This product does not contain corn, dairy, egg, gluten, shellfish, sulfites, wheat or artificial colours, flavours, or preservatives. This product has been tested and meets international standards for levels of arsenic, cadmium, lead, mercury, pesticides and solvent residues.</p> <p>STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.</p>	 <p>Triple Fish Oil Omega-3 Fatty Acids 18% EPA and 12% DHA 1000 mg</p> <p>Helps Maintain Healthy Heart and Brain Function</p> <p>90 Softgels NPN 80000815</p>	<p>Actual Size Grandeur réelle</p> <p>DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ.</p> <p>www.naturesharmony.com 1-877-929-2548</p> <p>SunOpta Inc. & Generics Essential Acacia, ON L7J 2K3 A Proud Canadian Company Une compagnie canadienne fière de l'être.</p> <p>F.P.O. - 80% UPC CODE TO BE: 0 5847 80024 5</p> <p>000000 000000 0</p> <p>4007440.01-05</p>
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