



# EPA/DHA Vegetarian

Introduced 2011



## What Is It?

EPA/DHA Vegetarian contains the first vegetarian derived eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) offered in a vegetarian, liquid-filled Caplique® Capsule. While most EPA and DHA essential fatty acids are obtained from fish oil, vegetable derived EPA and DHA are extracted from microalgae, the fish's original food source, under tightly controlled food manufacturing conditions. Decades of research indicate higher plasma levels of EPA and DHA are associated with cardiovascular health, platelet function, joint comfort, memory and skin health.\*

## Uses For EPA/DHA Vegetarian

**Heart Health:** EPA and DHA encourage cardiovascular health by supporting triglyceride metabolism, maintaining healthy blood flow and promoting healthy platelet function. Studies indicate essential fatty acids help maintain blood vessel integrity and arterial function. One study also suggests EPA may moderate protein kinase C, supporting arterial smooth muscle cells.\*

**Joint Health:** Essential fatty acids promote healthy arachidonic acid metabolism to support joint function and comfort. Research suggests that they modulate immune mediator activity as well as provide support for joint flexibility.\*

**Emotional Well-being:** Omega-3 fatty acids have demonstrated the potential to support emotional well-being and cognitive health. Research indicates that higher plasma levels of EPA have been associated with healthy mood.\*

**Gastrointestinal Tract Comfort:** Studies suggest that omega-3 fatty acids may play a role in maintaining healthy gastrointestinal function and comfort by supporting healthy eicosanoid production.\*

**Skin Health:** Omega-3 fatty acids protect keratinocytes and skin fibroblasts from free radicals and immune mediators generated by sun exposure. Additionally, they help promote elasticity and hydration for smoother looking skin.\*

## What Is The Source?

EPA and DHA are derived from microalgae. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil. Tocopherols are derived from highly purified soybean oil.

## Recommendations

Pure Encapsulations recommends 1-2 Caplique® Capsules daily, with meals.

## Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. At this time, there are no known side effects or precautions. Consult your physician for more information.

## Are There Any Potential Drug Interactions?

Essential fatty acids may be contra-indicated with blood thinning medications. Consult your physician for more information.

## EPA/DHA Vegetarian

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|--|---|---|--------|
| 2 Capilque® Capsules contain   |  | v | 00     |
| calories .....   |   |   | 10     |
| calories from fat.....   |   |   | 10     |
| total fat .....  |   |   | 1 g    |
| EPA (eicosapentaenoic acid) .....  |   |   | 155 mg |
| DHA (docosahexaenoic acid) .....   |   |   | 310 mg |
| other ingredients: algal oil, high oleic sunflower oil, sunflower lecithin, rosemary extract, natural mixed tocopherols, ascorbyl palmitate, silica, vegetarian Caplique® Capsule (cellulose, water) |   |   |        |
| 1-2 Capilque® Capsules daily, with meals   |   |   |        |

\* Caplique® Caplique® Capsule is a registered trademark used by Pure Encapsulations under license.

Each Caplique® Capsule is preserved with a nitrogen bubble, which may give the appearance of the capsule not being full. Contents may appear cloudy or thick and may settle or separate.