

Olprima™ EPA

GLUTEN FREE

CONDITION-SPECIFIC SUPPORT



Features of Olprima™ EPA:

- Supports healthy triglyceride and HDL with minimal effect on LDL*[^]
- Supports healthy inflammatory processes*
- General mood support*
- Omega fatty acids support healthy lifestyle
- Monounsaturated and polyunsaturated fatty acids support general health

Olprima™ EPA is a convenient softgel providing a high concentration of omega-3 (EPA).

Olprima™ EPA promotes a balanced mood while supporting the body's healthy inflammatory response and overall health.* Careful processing and rigorous testing ensures quality and purity of the product and provides 600 mg of EPA.

Supplement Facts

Serving Size: 2 Softgels
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	10	
Total Fat	1 g	<2%*
Fish Oil Concentrate (from Anchovy and Sardine)	1200 mg	†
Omega-3	660 mg	†
Omega-6	50 mg	†
Omega-7	45 mg	†
Omega-9	75 mg	†
EPA	600 mg	†

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Gelatin, water, glycerine, rosemary, and astaxanthin.

Please consult the actual product label for the most accurate product information



The Case for Targeted Omega-3 Support

Omega-3 fatty acids play a critical role in the human body. DHA, EPA and their metabolites regulate a number of body systems including cardiovascular, pulmonary, immune, nervous¹, and endocrine systems^{2,3} and when administered individually or together in a concentrated form at an optimal ratio and dose may improve specific clinical conditions in very different ways than foundational omega-3 supplementation.^{1,4,5}

However, the Standard American Diet (SAD) often has an unbalanced and unhealthy omega-6 to omega-3 fatty acid ratio. The SAD has an overabundance of omega-6 fatty acids, found in poultry, nuts, eggs and vegetable oils, and an insufficient amount of omega-3 fatty acids. This high omega-6 and low omega-3 consumption can tip a healthy body system out of balance.

While scientific evidence from several clinical intervention studies has shown that intake of omega-3 fatty acids is associated with several beneficial health outcomes,^{2,6,7} it is only within the last several years that clinical studies have investigated the specific effects of EPA and DHA. EPA and DHA work individually and can also be combined with more targeted ratios to address condition-specific needs.^{8,9}

How Olprima™ Targeted DHA and EPA Supplementation Works

When used at the targeted ratio and dose, concentrated DHA and EPA, like Standard Process Olprimas, may improve specific clinical conditions in very different ways from foundational omega-3 supplementation typically used to maintain good health.^{8,7,10} Olprima™ concentrated omega-3s can provide condition-specific support related to cardiovascular health[^] and brain health and cognition.*



NOTES

DOSAGE AM

PM

*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.

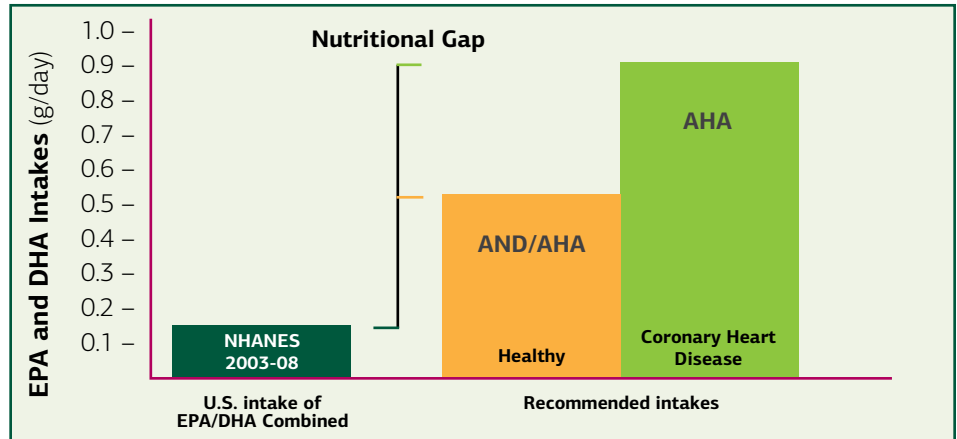
[^]As part of a diet low in saturated fat and cholesterol.

Diet Alone May Not Be Enough

Increasing omega-3 fatty acid consumption through foods is preferable. However, a large percentage of the US adult population falls below the recommendations for omega-3 fatty acid consumption.¹⁰ Supplements can help bridge this gap.



FIGURE 1. Intake of omega-3 does not meet the recommended level of intake^{11,12,13,14}



NHANES= National Health and Nutrition Examination Survey
AND=Academy of Nutrition and Dietetics
AHA= American Heart Association

REFERENCES

1. Dyall, S.C. *Front Aging Neurosci* 7, 52 (2015)
2. van Gelder, B.M., Tijhuis, M., Kalmijn, S. & Kromhout, D. *Am J Clin Nutr* 85, 1142-1147 (2007)
3. SanGiovanni, J.P. & Chew, E.Y. *Prog Retin Eye Res* 24, 87-138 (2005)
4. Allaire, J., et al. *Am J Clin Nutr* 104, 280-287 (2016)
5. Martins, J.G. *J Am Coll Nutr* 28, 525-542 (2009)
6. Dangardt, F., et al. *Atherosclerosis* 212, 580-585 (2010).
7. Kris-Etherton, P.M., Harris, W.S., Appel, L.J. & American Heart Association. Nutrition, C. Fish consumption, fish oil, omega-3 fatty acids, and cardiovascular disease. *Circulation* 106, 2747-2757 (2002).
8. Innes, J.K. & Calder, P.C. *Int J Mol Sci* 19(2018)
9. Mozaffarian, D. & Wu, J.H. (n-3) fatty acids and cardiovascular health: are effects of EPA and DHA shared or complementary? *J Nutr* 142, 6145-6255 (2012).
10. Zhang, Z., Fulgoni, V. L., Kris-Etherton, P. M., & Mitmesser, S. H. (2018). *Nutrients*, 10(4), 416. doi:10.3390/nu10040416
11. Papanikolaou, Y., Brooks, J., Reider, C. & Fulgoni, V.L., 3rd. *Nutr J* 13, 31 (2014)
12. Position of the American Dietetic Association and Dietitians of Canada: Vegetarian diets. (2003). *Journal of the American Dietetic Association*, 103(6), 748-765. doi:10.1053/jada.2003.50142
13. American Heart Association. (n.d.). Retrieved March 13, 2019 from <https://www.heart.org>
14. Krauss, R. M., Eckel, R. H., Howard, B., Appel, L. J., Daniels, S. R., et al. (2000). AHA Dietary Guidelines Revision 2000: A statement for healthcare professionals from the nutrition committee of the American Heart Association. *Circulation*, 102, 2284-2299.

In-house scientists

rigorously research, develop and test all products to ensure the highest quality

Our ingredients are of
HIGH QUALITY

Our vertically integrated manufacturing processes ensure quality from start to finish

High-Quality, Wholistic Clinical Nutrition

Since 1929, Standard Process has been dedicated to the field of nutritional supplements and the whole food philosophy introduced by Dr. Royal Lee.

We are committed to growing and sourcing only the highest quality ingredients. For products like our omega-3 oils that can't be grown on our own organic farm, we go to great lengths to find sources that practice, sustainable methods and apply high-quality standards like we do.

Our EPA and DHA products are of the highest quality, which means:

- Below regulatory standards for contaminants and toxins
- Pure, high quality, concentrated oils
- Sustainably sourced ingredients