



Olprima™ EPA

6045 60 Softgels

GF

FISH OILS
& OMEGAS

- Supports healthy inflammatory processes*
- General mood support*
- Supports general health/healthy lifestyle*

Warning: Keep out of reach of children.

Supplement Facts

Serving Size: 2 Softgels

Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	10	
Total Fat	1 g	1%*
Polyunsaturated Fat	1 g	†
Fish Oil Concentrate	858 mg	†
Omega-3	660 mg	†
EPA	600 mg	†

*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

Other Ingredients: Gelatin, water, glycerine, and mixed tocopherols

Contains: Fish (anchovy, mackerel, and sardine) and soy.

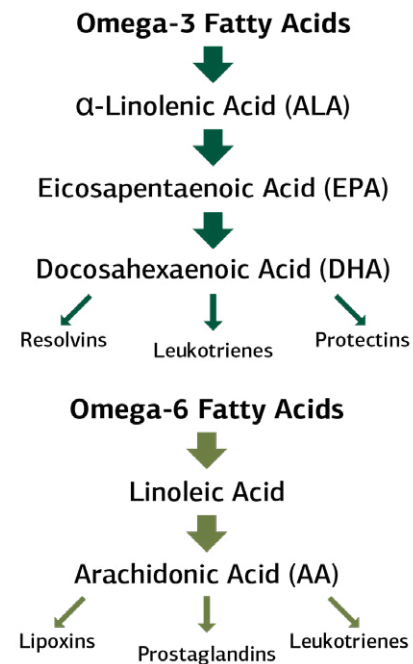
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Olprima™ EPA is a convenient softgel providing a high concentration of the omega-3 EPA

Olprima EPA promotes a balanced mood while supporting the body's healthy inflammatory response and overall health.* Olprima EPA delivers concentrated eicosapentaenoic acid (EPA) in triglyceride form — the primary form found in nature. Triglycerides are composed of a glycerol backbone with three fatty acid tails. Unrefined fish oil contains various amounts of EPA and DHA fatty acid tails; however, they tend to be low in concentration. Concentrating EPA in triglyceride allows for the efficient delivery of EPA in the way it is found in nature. Careful processing and rigorous testing ensures quality and purity of the product.

Targeted Omega-3 Supports General Health

Omega-3 fatty acids are essential and must be obtained from the diet. Alpha-linolenic acid (ALA) can be converted into EPA and DHA; however, the conversion rate is low — less than 15%.¹ Consuming EPA directly from whole foods and/or dietary supplements can help improve EPA levels in the body and support general health as omega-3 fatty acids have important roles in the body.² They are structural components of cell membranes, act in signal transduction pathways, and serve as an energy source.^{3,4} EPA and other omega-3 fatty acid metabolites also regulate a number of body systems including cardiovascular, pulmonary, immune, nervous, and endocrine systems.⁴⁻⁸ EPA and DHA work individually but they can also be combined with more targeted ratios to address condition-specific needs.^{9,10}



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

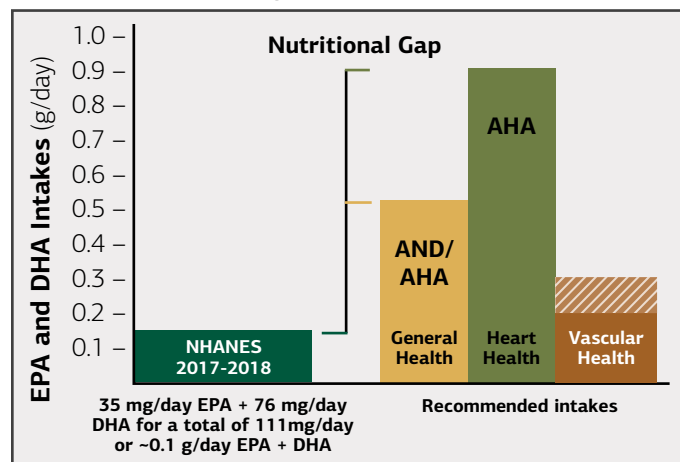
- Below regulatory standards for contaminants and toxins
- Pure, high-quality, concentrated oils
- Sustainably sourced ingredients

Vegan products are devoid of animal-based tissue, animal-based gelatin, or fish oils. They are also devoid of animal-based ingredients such as dairy, eggs, honey, beeswax, and lanolin. **Vegetarian** products are considered lacto-ovo vegetarian, which means they are devoid of animal-based tissue, animal-based gelatin, or fish oil. They may contain animal-based ingredients such as dairy, eggs, honey, beeswax, or lanolin. **Gluten-Free** products have been tested to verify they meet the regulations associated with the United States Food and Drug Administration's gluten-free labeling. **Non-Dairy** products have been formulated to not contain milk or milk-derived ingredients. **Non-Grain** products have been formulated to not contain any true cereal grain or grain-derived ingredients such as those from wheat, rice, oats, cornmeal, barley, or another cereal grain.

Diet Alone May Not Be Enough

The Standard American Diet (SAD) often has an unbalanced and unhealthy omega-6 to omega-3 fatty acid ratio. The SAD contains an overabundance of omega-6 fatty acids, found in poultry, nuts, eggs and vegetable oils, but 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 increasing omega-3 fatty acid consumption through foods is preferable, a large percentage of the US adult population falls below the recommendations for omega-3 fatty acid consumption.¹¹ Supplements can help bridge this gap.

FIGURE 1. Intake of omega-3 does not meet the recommended level¹²⁻¹⁷



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

How Olprima Targeted EPA Supplementation Works

When used at the appropriate targeted ratio and dose, concentrated DHA and EPA (like that which is found in Standard Process Olprimas) may benefit the body in very different ways from foundational omega-3 supplementation typically used to maintain good health.^{9,11,18} Clinical studies have delineated the effects of specific omega-3 fatty acids, including EPA, from the combined effects.^{5,9,19,20} Olprima EPA can provide condition-specific support related to mood support and healthy inflammatory processes.

General Mood Support

Clinical evidence indicates that EPA is the more effective omega-3 fatty acid to consider for general mood support.^{19,21} Low levels of omega-3s (including EPA) have been inversely associated with mood conditions, while supplements containing EPA were found to support a balanced mood.^{22,23}

Healthy Inflammatory Processes

Several health conditions are characterized by excessive or chronic inflammation, but healthy inflammatory processes actually support overall health.²⁴ Olprima EPA supports healthy inflammatory processes through a variety of mechanisms. First, EPA and the omega-6 fatty acid arachidonic acid (AA) compete for the same enzyme systems. This means that when there is more EPA present, it may cause a reduction in the production of inflammatory mediators derived from AA. EPA is also used in the body to produce specialized pro-resolving mediators (SPMs). E series resolvins, a family of SPMs derived from EPA, help support healthy inflammatory processes and restore homeostasis.²⁵

Increasing the amount of EPA in the diet, through food or supplements, helps shift the fatty acid profile to an omega-3 profile. This can support healthy inflammatory processes.

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