OmegaPure EFA™ provides a blend of omega-3 (alpha-linolenic acid) and omega-6 (linoleic acid) essential fatty acids, as well as omega-9 (oleic acid) fatty acids. Flaxseed oil, borage oil, and XYMOGEN’s exclusive Arctic Oils® ultra-pure fish oil provide this nature-reflective balance of fatty acids that support healthy eicosanoid metabolism and cardiovascular health.*

**Clinical Applications**

» Helps Ensure an Adequate and Balanced Fatty Acid Intake*
» Supports Healthy Eicosanoid Metabolism*
» Supports Cardiovascular Health*
» Promotes Healthy Skin*
» Supports a Healthy Nervous System*

Discussion

OmegaPure EFA provides a multi-source option for practitioners seeking a fatty acid supplement that reflects a healthful diet. Unlike other formulas that deliver fatty acids from a sole source, this formula delivers the benefits of flaxseed oil, borage oil, and fish oil in one convenient supplement.

Flaxseed Oil is derived from the seeds of the flax plant (*Linum usitatissimum*), and it is an excellent source of alpha-linolenic acid (ALA). It contains 50% to 60% omega-3 fatty acids from ALA, as well as omega-6 fatty acids from linoleic acid and omega-9 fatty acids from oleic acid. The body converts a portion of ALA into eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), the omega-3 fatty acids found in fish oil. Flaxseed oil is thought to be beneficial for the health of the intestinal lining. For instance, animal studies demonstrate that ALA from vegetable sources seems to soothe the inner lining of the intestines and support the health of intestinal cells.**[1,2]** Consumption of dietary ALA is also associated with cardiovascular health; mechanisms may relate to ALA’s effect on platelet aggregation and the deformability of erythrocyte cells.***[3,4]***

Oleic acid is commonly found in vegetable oils, especially olive. Consumption of oleic acid (omega-9) is believed to benefit human health by replacing saturated fatty acids with unsaturated fatty acids and by supporting greater conversion of ALA to longer-chain n-3 polyunsaturated fatty acids. The result of this conversion is thought to positively influence health, especially cardiovascular health.****[5]****

Borage Seed Oil contains 20% to 26% gamma-linolenic acid (GLA)—an omega-6 fatty acid. In fact, it provides two to three times more GLA than evening primrose oil.***[6]**** Studies have demonstrated that dietary GLA increases the content of its metabolite dihomo-gamma-linolenic acid (DGLA) within cell membranes without concomitant changes in arachidonic acid. Upon stimulation, DGLA can subsequently be converted into the beneficial 15-(S)-hydroxy-8,11,13-eicosatrienoic acid and prostaglandin E1 (PGE1).**[7,8]** For such effects, high-dose borage oil or GLA has been used to support skin and joints affected by immune changes.***[6,9]**** It is also important to note that the metabolites of GLA play significant roles in nerve membrane structure, nerve blood flow, and nerve conduction.***[10]**** Furthermore, because oils high in GLA (such as evening primrose and borage) lead to the formation of PGE1, they have also been used to support female health, especially the common effects of hormonal fluctuations. With regard to safety, the borage seed oil used in XYMOGEN’s OmegaPure EFA does not contain pyrrolizidine alkaloids (PAs).*

Fish Oil contains EPA and DHA, two important omega-3 fatty acids. Research and studies provide evidence that omega-3 fatty acids antagonize arachidonic acid-derived prostaglandin formation and provide resolvins and protectins to aid the body’s “cleanup” response to the arachidonic acid cascade. Consumption of omega-3 fatty acids is associated with neurological health, a balanced immune response, and healthy glucose and insulin metabolism.***[11-15]****

The production of OmegaPure EFA fish oil complies with Good Manufacturing Practices (GMPs), which require evaluation of oil identity, strength, purity, and composition. Each lot of oil must be accompanied by a certificate of analysis and must follow the Council for Responsible Nutrition (CRN) voluntary monograph for fish oil, which demands strict limits on environmental contaminants, including polychlorinated biphenyl compounds (PCBs), dioxins, and heavy metals. OmegaPure EFA fish oil is also subjected to testing before, during, and after manufacture, including analysis by gas chromatographs, Fourier transform infrared spectroscopy, ultraviolet/spectrophotometry, and wet analysis methods. Compliance with all laws including Proposition 65 is an integral part of this rigorous manufacturing process.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
Omegapure EFA™ Supplement Facts

Serving Size: 1 Softgel

| Nutrient                  | Amount per serving | % Daily Value:
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calories from Fat 10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat 1 g&lt;/p&gt;2%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Polyunsaturated Fat 0.6 g</td>
<td>2%</td>
<td></td>
</tr>
<tr>
<td>Cholesterol &lt;5 mg</td>
<td>2%</td>
<td></td>
</tr>
</tbody>
</table>

Omegapure EFA Proprietary Blend
- Organic Flaxseed Oil
- Fish Oil
- Borage Seed Oil

Other Ingredients:
- Softgel (gelatin, vegetable glycerin, and purified water), and mixed natural tocopherols.
- Fish (anchovy, mackerel, sardine)

DIRECTIONS: Take one softgel daily, or as directed by your healthcare practitioner.

Children, pregnant or lactating women, and individuals using blood thinners should consult their healthcare practitioner prior to use. Do not use if tamper seal is damaged.

DOES NOT CONTAIN: Wheat, gluten, corn, yeast, soy protein, dairy products, shellfish, peanuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or preservatives.

STORAGE: Keep tightly closed in a cool, dry place out of reach of children.

References


Additional references available upon request.