

Key benefits of 18/12 Fish Oil

- It is useful for the temporary relief of the pain of Arthritis.
- Helps to reduce joint inflammation and swelling and increase joint mobility associated with Arthritis
- Helps maintain a healthy heart, healthy cholesterol and healthy triglyceride levels.
- Because 18/12 Fish Oil does not contain Vitamin A it is recommended during pregnancy.
- For patients seeking a higher dose of EPA and DHA than Cod Liver Oil without Vitamin A and D.

DOSE:

FOR ANTI-INFLAMMATORY EFFECT

10mL daily or as directed by a health practitioner.

FOR CARDIOVASCULAR EFFECT

5mL daily or as directed by a health practitioner.

USE ONLY AS DIRECTED. IF SYMPTOMS PERSIST,
CONSULT YOUR HEALTHCARE PROFESSIONAL.

Ingredients

	per 10ml dose
EPA	1630mg
DHA	1080mg
Lemon/Lime Oils	170mg
d alpha tocopherol acetate (Vitamin E anti-oxidant)	40mg

Packaging

250mL black HDPE bottle

500mL glass bottle in a light opaque carton

References

1. L.Cleland et al Drugs 2003; 63 (9): 845-853
2. M. James, L.Cleland Semin. Arthritis Rheum 1997;27:85-97
3. L.Cleland et al Am Jnl Nutr. 1992; 55: 395-399

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Every bottle sold yields a donation to the Arthritis
Research TaskForce to support research into Arthritis.

EPA EICOSAPENTAENOIC ACID 18%
DHA DOCOSAHEXAENOIC ACID 12%

Fish oils are processed using state of the art refrigeration and preservation methods. The fresh fish are rapidly processed to remove the body oils by steam distillation and further processed by vacuum separation of the low boiling toxins and filtration to provide a standard uniformity of 18% EPA and 12% DHA.

Norwegian Omega 18/12 Fish Oil is derived from four varieties of Arctic and north Atlantic deep water fish: salmon, menhaden, cod and mackerel.

Fish Oil has higher concentrations of EPA and DHA than Cod Liver Oil. Unlike Cod Liver Oil, Fish Oil is obtained from the body of the fish, excluding the liver.

Vitamin E and opaque containers offer protection against oxidation

Omega-3 fatty acids are prone to oxidation which can reduce their effectiveness. Vitamin E is added to reduce oxidation whilst opaque containers reduce photon decay.

Anti-inflammatory Effects - Rheumatoid Arthritis

Drugs 2003 reported findings by Cleland et al on 13 trials of the beneficial effects of fish oil on patients with rheumatoid arthritis. These studies were reported to show symptomatic improvement, in particular, in reduced morning stiffness and joint tenderness.¹

Some of these studies have used fish oil that, like Omega 18/12 Fish Oil, contains the Omega-3 fatty acids EPA (Eicosapentaenoic acid 20:5n-3) and DHA (Docosahexaenoic acid 22:6n-3) in the proportions 18% EPA and 12% DHA.

Fish oil supplements have been reported to yield a reduction in the use of nonsteroidal anti-inflammatory drugs (NSAIDs).²

Cardiovascular health benefits

The Omega-3 oils in fish have been shown to have a number of additional health benefits.

Of these the most obvious is the maintenance of a healthy heart. Other favourable cardiovascular effects include maintaining healthy triglyceride levels.

Fish Oil & margarine don't go together!

The beneficial effect of Fish Oil appears to be significantly reduced using spreads high in linoleic acid.³ The effectiveness of Fish Oil is enhanced using low linoleic table spreads such as Melrose OmegaCare in preference to margarines containing significantly more linoleic (polyunsaturated margarines).

Pollution

Because the sea is the eventual recipient of toxins from the land and air, it is necessary to do routine tests.

Modern processing methods and the processing of smaller fish have kept both mercury and PCBs (polychlorinated biphenyls) at less than 0.2ppm.

Are there any side effects or interactions?

While there is significant benefits in taking Fish Oil, it is wise to check with your healthcare professional before taking more than 5mL a day for several months.

