

# Omega MonoPure<sup>®</sup> EPA EC

## Eicosapentaenoic Acid in Support of Cardiovascular Health\*



Available in 30 and 60 fish gelatin softgels

### Discussion

Omega MonoPure<sup>®</sup> EPA EC features MaxSimil<sup>®</sup> EPA, a form of the highly absorbable, patented MaxSimil monoglyceride fish oil with 910 mg of concentrated eicosapentaenoic acid (EPA) per softgel. EPA is a long-chain omega-3 fatty acid that plays a role in supporting healthy cardiac and circulatory systems.\*

### Absorption

Studies conducted by the manufacturer of MaxSimil have shown promising results that suggest better absorption compared to other fish oils. In a single-dose, double-blind, crossover pharmacokinetic study performed in healthy, fasting male and female subjects ages 19 to 60 (N = 20) each participant was administered a single dose of six softgels containing a combined dose of ~2000 mg EPA and ~1500 mg docosahexaenoic acid (DHA) from either ethyl ester (EE) fish oil or MaxSimil. Compared to the EE fish oil subjects, MaxSimil EPA and DHA subjects experienced peak EPA and DHA concentrations that were more than three times higher, reached maximum concentration faster, and maintained plasma levels longer.<sup>[1-3]</sup> However, additional peer-reviewed research related to bioavailability is warranted.\*

### Cardiovascular Health

Omega-3s have been widely researched for their promotion of cardiovascular health, including the maintenance of healthy lipid levels and the support of normal resistance to oxidative stress.<sup>[4]</sup> Findings from a 2017 meta-analysis and a 2018 systematic review indicated that both DHA and EPA play markedly beneficial roles in supporting cardiovascular health, especially in certain populations.\*<sup>[5,6]</sup>

In another systematic review and meta-analysis, the authors investigated the effects of purified EPA or DHA when administered as monotherapy for serum lipids for a minimum of four weeks. In pooled studies, results showed that EPA monotherapy decreased serum triglyceride (TG), decreased low-density lipoprotein (LDL), and increased high-density lipoprotein (HDL) compared to placebo.\*<sup>[7]</sup>

The proposed mechanisms for the beneficial effects of EPA on cardiovascular health include a reduced *de novo* lipid synthesis (the conversion of carbohydrate to fatty acid), increased beta-oxidation of fatty acids, and reduced delivery of non-esterified fatty acids to the liver.<sup>[8]</sup> It has been proposed that these same mechanisms play a beneficial role in helping to modulate very low-density lipoprotein (VLDL) levels.<sup>[9]</sup> Additionally, EPA has favorable cardiovascular effects which can include roles in endothelial function, oxidative stress management, foam cell formation, cytokine balance, platelet aggregation, and the metabolism of triglycerides and cholesterol.\*<sup>[10]</sup>

In the most recent comprehensive review to date, researchers looked at data for orally administered omega-3s with the aim of evaluating the status and the controversies relating to the support of cardiovascular health. The authors

## Clinical Applications

- » Supports Cardiovascular Health\*
- » Supports Healthy Endothelial Function\*
- » Supports a Healthy Response to Normal Oxidative Stress\*
- » Promotes the Maintenance of Healthy Blood Lipid Levels\*

*Omega MonoPure<sup>®</sup> EPA EC features patented, International Fish Oil Standards (IFOS) five-star certified MaxSimil<sup>®</sup> EPA monoglyceride fish oil. This readily absorbed formula provides the highly concentrated omega-3 fatty acid eicosapentaenoic acid (EPA) to support cardiovascular health by maintaining healthy blood lipid levels already within the normal range.\**

concluded that highly purified EPA at higher doses has been shown to play beneficial roles in lowering TG levels and supporting cardiovascular health, particularly in certain populations. However, additional trials with long-term follow-up are needed to clarify guidelines regarding the recommendation of fish oil therapies in the clinical setting.\*<sup>[8]</sup>

\*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.

**Omega MonoPure® EPA EC Supplement Facts**

Serving Size: 1 Softgel

	Amount Per Serving	%Daily Value
Calories	15	
<b>Total Fat</b>	<b>1.3 g</b>	<b>2%†</b>
MaxSimil® Fish Oil Concentrate	1.3 g	**
EPA (eicosapentaenoic acid)	910 mg	**

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

\*\* Daily Value not established.

**Other Ingredients:** Softgel (fish gelatin, vegetable glycerin, and purified water), GRAS enteric coating (ethylcellulose, sodium alginate, purified water, medium-chain triglycerides, oleic acid, vegetable stearic acid, and ammonium hydroxide), and natural mixed tocopherols.

**Contains:** Fish (anchovy and/or sardine and/or mackerel [sources of fish oil]), basa and/or tilapia [sources of fish gelatin].

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

Consult your healthcare practitioner prior to use. Individuals taking medication should discuss potential interactions with their healthcare practitioner. Do not use if tamper seal is damaged.

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

**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 artificial preservatives.

Manufactured using MaxSimil® fish oil. MaxSimil® is a registered trademark of Ingenutra Inc. Protected under US patents 8,119,690 and 8,198,324; Canadian patents 2672513 and 2677670.

IFOS™ certification mark is a trademark of Nutrasource Diagnostics Inc.

**References**

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**Additional references available upon request**

All XYMOGEN® Formulas Meet or Exceed cGMP Quality Standards.

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