

## MetaPure EPA/DHA

Highly Purified And Concentrated Fish Oil.

### Quantity:

- 120 capsules (30 days)
- 240 capsules (60 days)

### Benefits:

In healthy people, MetaPure EPA/DHA capsules have been shown to or may:

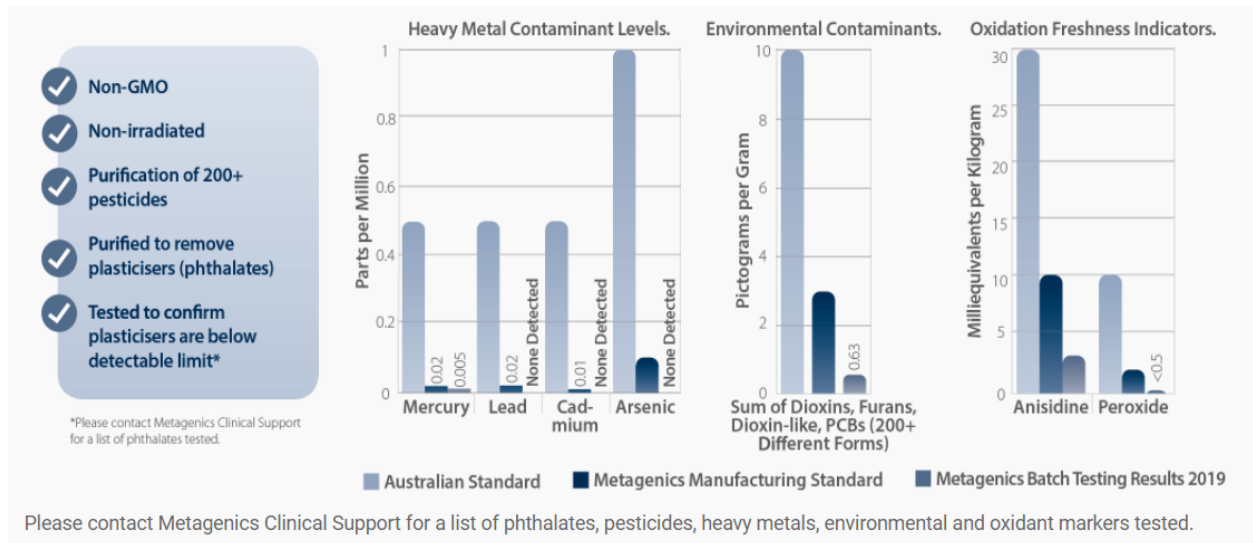
- High strength, purified fish oil.
- Temporarily relieve the pain and inflammation from mild arthritis and improve mood and cognition.
- Maintain healthy triglyceride levels and cardiovascular function.
- Convenient capsule form for improved compliance plus Citrus Berry flavour to reduce fishy aftertaste.
- Enteric coated option for those with severe reflux.
- A meta-analysis of 17 randomised, controlled trials assessed the effectiveness of EPA and DHA in relieving joint pain and inflammation: The results reported a significant reduction in joint pain intensity, joint swelling, morning stiffness and the number of painful and/or tender joints at a dose of 2.7 grams per day.<sup>1</sup> EPA and DHA exert anti-inflammatory and pain relieving actions via the following mechanisms: - Suppression of COX-2 expression and the inflammatory cytokines interleukin (IL)-1 alpha and tumour necrosis factor (TNF)-alpha.<sup>5</sup> - Inhibition of Leukotriene B4 (LTB4) and reduced serum C-reactive protein levels shown in in vitro and clinical trials.
- 2.6 grams of EPA and DHA has been shown, in a randomised, placebo controlled study of 138 healthy males, to assist in the maintenance of triglycerides within the normal range. The study reported a significant difference in triglyceride levels by 32% in the group taking 2.6 g of EPA and DHA. The study indicated that there was a direct correlation between increased dosage and improved results.
- A randomised, double blind, placebo controlled trial measured the mood and cognitive effects of fish oil: After 35 days, 2.4 grams of EPA and DHA was associated with an

improvement in brain functions associated with attention, particularly those involving the cortical processing. There was also a significant improvement in mood states including anger, anxiety, fatigue and confusion.

- High quality, rigorously tested fish oil: Metagenics fish oils are sourced from small, cold water, pelagic fish using eco-fishing practices and are Friends of the Sea certified. Manufacturing of fish oil in Metagenics' Brisbane-based TGA-approved manufacturing facility controls the environment to ensure a clean, concentrated, fresh, rigorously tested fish oil product. Extensive testing, externally and on-site, confirms contaminants (i.e. heavy metals, pesticides and solvents) fall well below Australian allowable levels.

Further details can be found here:

[metagenics.com.au/Articles/FiveWaysMetagenicsFishOils](http://metagenics.com.au/Articles/FiveWaysMetagenicsFishOils)



## Dosage:

- Adults: Take 2 capsules twice daily with meals..
- To assist in the maintenance of cardiovascular health: Take 1 capsule daily with meals.

## Warnings:

- Not all cautions and contradictions are listed. For full details, references or more information contact Metagenics in Australia on 1800 777 648 or in New Zealand on 0508 227 744.

## Price:

- 120 capsules - \$61.50
- 240 capsules - \$107.95

## Image:



## Ingredients:

Concentrated fish Omega-3 triglycerides	1 g
Equivalent Eicosapentaenoic acid (EPA)	500 mg
Equivalent Docosahexaenoic acid (DHA)	200 mg

- Free from corn, dairy protein, lactose, eggs, gluten, wheat, nuts, yeast, soy protein, starches and salt. Free from artificial colours, flavours and preservatives. Contains fish.
- Excipients: D-alpha-tocopherol, Flavour, Gelatin, Glycerol, Purified water and Soya Oil. For more information about excipients used in this product, see our full excipient list.

## Storage:

- Store below 30° C