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# Super EFA Forte Liquid

## Concentrated triglyceride fish oil in a great-tasting liquid

- Double-potency formula offering 1,500 mg of EPA and 1,000 mg of DHA per teaspoon
- Helps support cognitive and cardiovascular health, while reducing serum triglycerides
- In conjunction with conventional therapy, helps to reduce the pain of rheumatoid arthritis (RA) in adults
- Delicious natural orange flavour
- Features an anti-spill pouring spout
- Ideal for those who have difficulty swallowing capsules

Super EFA Forte Liquid is a high-potency fish oil formula offering EPA and DHA in a bioavailable triglyceride form. Each exceptionally pure and clean-tasting teaspoon offers 2,500 mg of EPA and DHA to support cognitive and cardiovascular health, as well as joint health in adults with RA. DHA is one of the most important omega-3 fatty acids in the brain, where it helps regulate membrane fluidity, the formation of synapses, and cytokine production.<sup>1</sup> Clinical research has demonstrated that DHA can support cognitive health, including episodic memory and learning in older adults.<sup>2</sup> DHA also helps support the development of the brain, eyes and nerves in children up to 12 years of age. EPA and DHA support cardiovascular health by promoting healthy lipid metabolism, heart rates, and platelet and endothelial function.<sup>3</sup> In conjunction with conventional therapy, EPA and DHA help reduce the pain of RA in adults. These omega-3 fatty acids have been clinically demonstrated to improve joint pain intensity, hand grip strength and measures of daily function in adults with RA, which may result from their ability to regulate immune cell activity and prostaglandin and leukotriene production.<sup>4</sup> Triglyceride fish oils have also demonstrated greater bioavailability than ethyl esters in clinical research, with one study reporting a significantly higher increase in the omega-3 index after six months of supplementation than an identical dose of ethyl esters.<sup>5,6</sup> Provided in a convenient liquid format, Super EFA Forte Liquid is ideal for individuals who may have difficulty or dislike swallowing capsules.



### EACH TEASPOON (5 mL) CONTAINS:

Fish Oil (Anchovy, Sardine and Mackerel) . . . . .	4500 mg
Yielding	
EPA (Eicosapentaenoic Acid) . . . . .	1500 mg
DHA (Docosahexaenoic Acid) . . . . .	1000 mg
Total Omega-3 . . . . .	2600 mg

Non-Medicinal Ingredients: Sweet orange oil, rosemary leaf extract, mixed tocopherols concentrate  
Contains: Fish

### Recommended Dose

Adults: Take 1 teaspoon 1-2 times daily or as recommended by your healthcare practitioner. To help reduce the pain of rheumatoid arthritis, take 1 teaspoon 2 times daily or as recommended by your healthcare practitioner. Adolescents (14-18 years): Take 1 teaspoon daily or as recommended by your healthcare practitioner. Adolescents and Children (6-13 years): Take ½ teaspoon daily or as recommended by your healthcare practitioner.

**Product Size:** 200 mL Liquid

**Product Code:** 10391

NPN 80085784



### REFERENCES

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# Super EFA Forte Liquid

## Scientific Rationale:

Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are omega-3 polyunsaturated fatty acids.<sup>1</sup> As they cannot be made by the body, they must be supplied from the diet, and are primarily found in fatty fish.<sup>1</sup> A shorter omega-3 fatty acid, alpha-linolenic acid, is more prevalent in the diet (from green leafy vegetables, flaxseed, perilla and walnuts), and can be metabolized to produce EPA and DHA; however, this pathway is not efficient.<sup>1,2</sup> As it may be difficult to consume adequate levels of EPA and DHA through the diet alone, supplementation with a high-quality fish oil can help increase EPA and DHA intakes without the risk of environmental contaminants associated with certain fish species.<sup>2,3</sup>

Modern Western diets typically provide higher levels of omega-6 fatty acids than omega-3 fatty acids.<sup>1</sup> In turn, these diets have resulted in a higher proportion of omega-6 fatty acids in the phospholipids of many cells.<sup>4</sup> Specifically, cells involved in the inflammatory response have been found to contain high levels of arachidonic acid (AA, an omega-6 fatty acid).<sup>5</sup> Importantly, this fatty acid distribution can be impacted by dietary intakes, as EPA and DHA can partially replace omega-6 fatty acids in the membranes of cells throughout the body.<sup>1</sup> In addition, as these fatty acid types differ metabolically and functionally, it is important to have a balanced dietary intake.<sup>1</sup>

While AA can be metabolized to produce pro-inflammatory eicosanoids, such as prostaglandin E2 and leukotriene B4, EPA and DHA have been found to decrease the production of these metabolites.<sup>4</sup> Furthermore, emerging evidence suggests that EPA and DHA can be metabolized to produce lipid mediators known as resolvins, as well as related compounds including protectins.<sup>4</sup> These novel compounds have been demonstrated in preclinical research to be anti-inflammatory, inflammation-resolving and immunomodulatory.<sup>4</sup> Research suggests that EPA and DHA may support a wide variety of health functions, including cardiovascular and joint health, due to these anti-inflammatory effects.<sup>4</sup>

DHA is particularly abundant in the cerebral cortex, retina, testis and sperm.<sup>1</sup> Considered one of the most important omega-3 fatty acids in the brain, DHA may support cognitive health by mediating membrane fluidity, the formation of synapses, and cytokine production, according to preclinical research.<sup>6</sup> It may provide significant support to the aging brain, which is susceptible to inflammatory and oxidative changes; in turn, these changes may negatively impact learning and memory.<sup>6</sup> In one randomized, double-blind, placebo-controlled study, daily supplementation with 900 mg of DHA for 24 weeks significantly promoted cognitive function, including episodic memory and learning in older adults.<sup>7</sup> DHA also helps support the development of the brain, eyes and nerves in children up to 12 years of age.

Fish oils have also demonstrated beneficial effects on the cardiovascular system. Preclinical research suggests that they support healthy lipid metabolism, heart rates, and platelet and endothelial function, while reducing pro-inflammatory eicosanoid production to further support arterial health.<sup>3</sup> In a randomized, placebo-controlled trial, supplementation with 300 mg of EPA and 200 mg of DHA for 14 days significantly promoted endothelial function (as measured by endothelium-dependent brachial artery flow-mediated vasodilation) and decreased resting heart rate.<sup>8</sup> Similarly, daily intake of 180 mg of EPA and 120 mg of DHA for six months significantly decreased high-sensitivity C-reactive protein (hs-CRP), while promoting endothelial function and a healthy lipid profile.<sup>9</sup>

Rheumatoid arthritis is an inflammatory autoimmune condition that primarily affects the joints.<sup>4</sup> It results in symptoms such as bone erosion, cartilage destruction, swelling, pain and functional impairment, which are thought to result from the local production of pro-inflammatory eicosanoids.<sup>4</sup> EPA and DHA help decrease the content of AA in immune cells, reducing the release of pro-inflammatory eicosanoid mediators that contribute to RA symptoms.<sup>4</sup> These fish oils may also regulate T-cell reactivity, reactive oxygen species production and cytokine release from immune cells to further support healthy immunological responses in individuals with RA.<sup>4</sup> In one clinical trial, daily supplementation with 3 g of omega-3 fatty acids for 12 weeks significantly improved joint pain intensity and hand grip strength.<sup>9</sup> Similarly, an index of joint tenderness, duration of morning stiffness, and other measures of daily function were significantly improved after 24 weeks of omega-3 intake.<sup>10</sup>

The form of supplemented EPA and DHA can have a significant impact on bioavailability.<sup>11</sup> Research has found that the triglyceride form is highly bioavailable, with clinical studies reporting greater absorption of EPA and DHA in this form when compared to ethyl esters.<sup>12-14</sup> Similarly, supplementation with EPA and DHA in the triglyceride form for six months was reported to significantly increase the omega-3 index to a greater extent when compared to the same dose provided in ethyl ester form.<sup>15</sup> This measurement of omega-3 status represents the percentage of EPA and DHA in red blood cell membranes, and indicates an individual's long-term intake of omega-3 fatty acids. Super EFA Forte Liquid offers EPA and DHA in the bioavailable triglyceride form to support cognitive and cardiovascular health, as well as joint health in adults with RA.

## REFERENCES

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