Trident SAP 66:33

Science-based omega-3 oils of exceptional purity for optimal health

Fish oil rich in omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) support cardiovascular health by reducing blood triglycerides, platelet aggregation, and irregular heart beating, and by improving arterial wall tone. Other health benefits of omega-3 fatty acids may include maintenance of healthy inflammatory response and anticarcinogenic effects towards breast, prostate, and colon cancers. In addition, substantial research suggests that omega-3 fatty acids offer greater support towards central nervous system health and alleviation of neurological irregularities. Trident SAP 66:33 is a fish oil of exceptional purity, standardized to highest concentrations, and tailored carefully to impart these health benefits.

ACTIVE INGREDIENTS

Each softgel contains:

Fish oil (pharmaceutical grade)	1414	mg
Providing:		
Eicosapentaenoic acid [EPA; 20:5(<i>n-</i> 3)]	660 mg	
Docosahexaenoic acid [DHA; 22:6(<i>n</i> -3)]	330 mg	

EPA and DHA supplied in an ethyl ester form at a 2:1 ratio.

Other ingredients: Vitamin E ($D-\alpha$ -tocopherol) (from non-GMO sunflower) in a softgel made from bovine gelatin, vegetable glycerin, and purified water.

From wild deep-sea fish oil: whole anchovies (Engraulidae) and/or whole sardines (Clupeidae). Pharmaceutical grade. Molecularly distilled and/or supercritical CO₂ extracted.

This product is non-GMO.

Contains no: Gluten, soy, wheat, corn, eggs, dairy, yeast, citrus, preservatives, artificial flavour or colour, starch, or sugar.

Trident SAP 66:33 contains 60 or 120 softgels per bottle.

DIRECTIONS FOR USE

Adults: Take 1 softgel twice daily with meals or as directed by your healthcare practitioner.

2 softgels provide 2010 mg omega-3 (1320 mg EPA, 660 mg DHA)

INDICATIONS

Trident SAP 66:33 can be used to:

- Lower blood triglycerides.
- Reduce platelet aggregation.
- Promote cardiovascular health.
- Enhance healthy inflammatory response.
- Confer anticarcinogenic effects.
- Support central nervous system health.
- Support sexual and reproductive health.

CAUTIONS AND WARNINGS

Do not use if seal is broken. Keep out of reach of children.

PURITY, CLEANLINESS, AND STABILITY

- All ingredients listed for each Trident SAP 66:33 and Trident SAP 66:33 Lemon lot number have been tested by an ISO 17025-accredited third-party laboratory for identity, potency, and purity.
- State-of-the-art technology is used in the manufacturing to ensure no oxidation occurs during processing and encapsulation.
- Each softgel contains vitamin E as an antioxidant, and is hermetically sealed to be secure against entry of oxygen, ensuring maximum purity, freshness, and stability of the oil through to expiration.



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For healthcare professional use only.

NATURAL LEMON

ALSO AVAILABLE WITH



Omega-3 / Oméga-3 glycerides / Réduit le

NPN 80027499

Scientific Advisory Panel (SAP):

adding nutraceutical research to achieve optimum health

60 SOFTGELS / GÉLULES

Trident SAP 66:33

WHAT ARE OMEGA-3 FATTY ACIDS?

Omega-3 fatty acids are long-chain polyunsaturated fatty acids and are considered essential fatty acids because they cannot be synthesized by humans, thus must be obtained from the diet.[1] Fish and other marine life are rich sources of a special class of long-chain omega-3 fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).^[1] Plant food and vegetable oils, such as flaxseed, canola, and soybean oil, lack EPA and DHA; however, they do contain the intermediate-chain omega-3 fatty acid α-linolenic acid (ALA). Over the last few decades, numerous health benefits have been attributed to the consumption of the omega-3 fatty acid family, ALA, EPA, and DHA.[1]

THE OMEGA-6–TO–OMEGA-3 BALANCE

The contemporary Western diet is high in omega-6 fatty acids (omega-6 FAs) and deficient in omega-3 fatty acids (omega-3 FAs).^[2] This ultimately leads to an imbalance in the cellular concentration of omega-6-to-omega-3 FAs. Although omega-3 FAs are structurally and functionally distinct from the omega-6 FAs, each is metabolized competitively to form eicosanoids, such as thromboxanes (TX), prostaglandins (PG), and leukotrienes (LT).^{[2][3]} Eicosanoids have hormone-like effects and play an important role in cellular activity. Arachidonic acid (AA), a long-chain omega-6 FA, is the precursor for the harmful eicosanoids that promote inflammation (PGE, LTB,), and stimulate platelet aggregation (TXA,).^{[3][4]} Conversely, EPA is the precursor for the anti-inflammatory and antiaggregatory eicosanoids PGE₃, LTB₅, and TXA₃. By increasing omega-3 FA intake, EPA and DHA are incorporated into cell-membrane phospholipids at the expense of AA, and a balance between the omega-6 and omega-3 FAs is returned, thus promoting healthy cellular structure, fluidity, and activity.[3][4][5]

RECOMMENDED OMEGA-3 INTAKES

SAFETY OF OMEGA-3 SUPPLEMENTATION

In 2012 the European Food Safety Authority has advised that a dose of up to 5g/day of EPA and DHA for a period of 16 weeks in supplement form is considered safe for adults and not associated with any lipid peroxidative changes or adverse events in relation to CVD risk. Omega-3 FAs are thus safe and well-tolerated, and can be taken with a wide variety of other supplements.^{[7][10]} Since omega-3 FAs are natural blood thinners, patients taking high dosages of aspirin or medicinal blood thinners should consult their healthcare professional before use.[10]

NATURAL RATIO AND FORM

The majority of scientific literature that reports the health benefits of omega-3 FAs is based on fish-oil research in which the oils provide their natural fatty acid ratios and form.[11] Fish oils are most commonly available in a standard 18:12 ratio (18% EPA and 12% DHA) or a concentrated 2:1 ratio, and supplied in triglyceride or ethyl ester form. Both triglyceride and ethyl ester forms are highly bioavailable and stable.[11

OMEGA-3 FATTY ACIDS AND NUTRITION RESEARCH

Cardiovascular Disease

Main mechanisms through which EPA and DHA reduce the risk of cardiovascular disease (CVD) and sudden death include reduction in malignant ventricular arrhythmias, suppression of blood clotting and atherosclerosis, improvement in arterial wall tone, and anti-inflammatory effects.^{[1][12]} Intake of 1 g/day of EPA+DHA in CVD patients can exert antiarrhythmic, hypolipidemic and antithrombotic effects, and at least 500 mg/day in patients without CVD can have cardioprotective effects.^[13]

Inflammation and Autoimmune Diseases

EPA and DHA have important implications in the prevention and treatment

Research Monograph

of chronic inflammatory conditions, such as rheumatoid arthritis and asthma.^[3] EPA produces the eicosanoids PGE₃ and LTB₅, which reduce the duration and intensity of inflammation. DHA reduces transcription of the proinflammatory cytokines, interleukin 1B, and tumour necrosis factor-a, C-reactive protein (CRP), serum amyloid A.^{[3][4]} New scientific evidence suggests that intake of fish oils may reduce rheumatoid arthritis risk and positively impact blood lipid profile in rheumatoid arthritid patients.

Cancers of the Breast, Prostate, and Colon

Both epidemiological and experimental evidence that the omega-3 FAs EPA and DHA may reduce the risk of breast, colon, and prostate cancer.[5] The possible chemoprotective mechanisms through which fish oils act are suppression of neoplastic transformation, cell-growth inhibition, and enhanced apoptosis and antiangiogenicity.^[5] These biological effects are associated with the inhibition of omega-6 FAs (AA)-derived eicosanoids during omega-3 FA supplementation.[5][15]

Central Nervous System Health and Mental Disorders

The central nervous system (CNS) is highly concentrated with long-chain fatty acids, specifically DHA and AA. A deficiency of DHA markedly affects neurotransmission, membrane-bound enzymes and ion channel activities, gene expression, intensity of inflammation and immunity, and synaptic plasticity.^[16] Increased intake of fish oils may help to improve signal transduction processes and reduce neuronal changes, symptoms and risk of schizophrenia, depression, stroke, and Alzheimer's disease.^[16] During pregnancy and lactation, DHA supplementation is crucial for optimal fetal neuronal development and visual acuity through to infancy.^[6]

Sexual and Reproductive Health

Recent evidence from clinical trials has shown positive effects of omega-3 fatty acids on reproductive health in men and women. A prospective cohort study of 100 women undergoing assisted reproductive techniques (ART) showed a positive association between serum long chain omega-3 fatty acid levels and probability of live birth.[17] Supplementation of 1500 mg per day of omega-3 fatty acids for 6 months improved insulin resistance and hirsutism in PCOS patients.[18] A significant improvement in seminal antioxidant status and reduced sperm DNA fragmentation was observed in participants supplemented with 1500 mg of DHA enriched oil for 10 weeks.[19]

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