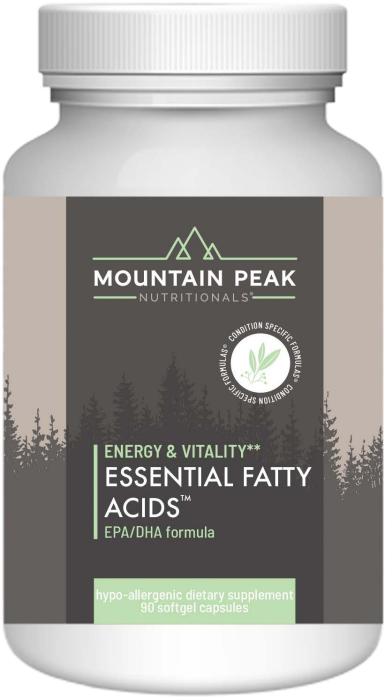
# TECHNICAL DATA SHEET

MOUNTAIN PEAK NUTRITIONALS®

## ENERGY & VITALITY

# ESSENTIAL FATTY ACIDS™




**Promotes brain and heart health.**
*Stabilized to prevent fishy smell, taste, and "burp"*

Omega-3 polyunsaturated fatty acids (PUFAs) are essential fatty acids. They are essential to human health, and EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) need to be consumed as part of a normal, healthy diet because the body's ability to synthesize them is limited. Fish and fish oils are rich in these long-chain omega-3 fatty acids. In addition to omega-3s, fish is high in protein, vitamins and minerals. Conversely, ALAs (alpha-linolenic acid) are short-chain omega-3 fatty acids. They are plant-derived and have far less potent health benefits than EPA and DHA and require a higher consumption to gain the same health benefits.

Hundreds of studies suggest that omega-3s provide benefits to a wide range of body systems. Before the introduction of modern processed foods such as crackers, cookies, and corn-fed beef, the ratio of omega-6s to omega-3s was 2:1. Today, we consume at least 20 times more omega-6s than omega-3s, which can cause an imbalance of cellular health.

Mercury and polychlorinated biphenyls (PCBs) are common toxins in seafood and can persist in the global environment despite their U.S. ban in 1976. The molecular distillation manufacturing process used for MPN's Essential Fatty Acids EPA/DHA formula removes these pollutants.

## Supplement Facts

Serving Size: 1 Softgel
Servings per Container: 90

| | Amount per Serving | % Daily Value* |
|---|---|---|
| Calories | 10 | |
| Calories from Fat | 9 | |
| Total Fat | 1 g | 1% |
| Fish Oil Concentrate | 1000 mg | ** |
| EPA (Eicosapentaenoic Acid) | 265 mg | ** |
| DHA (Docosahexaenoic Acid) | 170 mg | ** |

** Daily Value not established.

Other ingredients: Gelatin, Glycerin, Purified Water.

## INGREDIENTS:

**Fish Oil Concentrate**
The fish oil concentrate in Essential Fatty Acids EPA/DHA formula is derived from sardines and anchovies. Natural triglycerides from selected fish species normally contain a concentration of 10% to 30% omega-3. This fish oil has a higher concentration due to converting natural triglycerides to ethyl esters, and by distilling these ethyl esters it produces fish oil with enriched EPA and DHA. This procedure can produce concentrates containing more than 60% EPA and DHA, and a total omega-3 content of up to 80%. Typical omega-3 oils can cause reflux (burping), have a fishy aftertaste, and often come in large, hard to swallow capsules. Due to the proprietary and patented deodorization and stabilization technology, our fish oil has no fishy smell or taste. Because of this superior stability Essential Fatty Acids reaches the end of its shelf life with negligible EPA/DHA loss and only minimal oxidation.

Replaces all previous versions: 5.7.25

## EPA (Eicosapentaenoic Acid)

Eicosapentaenoic acid (EPA) is a long-chain n-3 poly-unsaturated fatty acid that is found in the tissues of marine mammals and oily fish. EPA is also found in fish liver oils and in commercial fish oil products. EPA competes with arachidonic acid for inclusion in cyclooxygenase and lipoxygenase pathways (1). EPA promotes healthy blood viscosity and platelet aggregation (2). However, EPA does not significantly affect clotting factors, fibrinogen concentrations, plasminogen activator inhibitor-1, or tissue plasminogen activator activity (3). EPA can increase HDL cholesterol by approximately 12% (4). Research suggests that one gram per day of the ethyl form of EPA appears more effective than 2 or 4 grams of non-ethyl EPA (5).

## DHA (Docosahexaenoic Acid)

DHA (docosahexaenoic acid) is a long chain n-3 polyunsaturated fatty acid that is found in the tissues of marine mammals and oily fish. DHA is also found in fish liver oils and in commercial fish oil products. DHA can be converted into EPA in humans (6). DHA competes with arachidonic acid for inclusion in cyclo-oxygenase and lipoxygenase pathways (7). DHA is one of the most prevalent fatty acids in the brain. This may help explain why our brains do better with a greater supply. A Rush Institute for Healthy Aging study analyzed fish-eating patterns of more than 800 men and women, ages 65 to 94. Those eating fish at least once a week were much less likely to need cognitive support than those who did not eat fish. DHA may support cardiovascular function by several mechanisms. Pure DHA may support healthy triglycerides in adults, and may increase serum high density lipoprotein (HDL or "good" cholesterol). Long-chain polyunsaturated fatty acids make up a third of all lipids in brain grey matter (8). DHA is thought to be important for normal neural function and to play a key role in the structural development of neural and synaptic membranes (9). DHA is present in human breast milk, but not in standard infant formulas.

***Patients: Consult with your healthcare professional for the proper dosage and use of this formula.***

***For more information about this and other Condition Specific Formulas® please visit our website at:***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MOUNTAIN PEAK NUTRITIONALS®

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