OmegAvail™ TG1000

1,000 mg omega-3s per softgel

designs for health®

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OmegAvail™ TG1000 is a highly concentrated, wild-caught, sustainable fish oil formula that contains 1,000 mg omega-3 fatty acids (FA) per softgel. Each softgel contains 662 mg EPA and 250 mg DHA, along with other omega-3 FAs from fish oils, and the digestive aid lipase for enhanced fat absorption.

Exceptional Quality and Purity

- Fish oil is provided as multi-form BioGlycerides™ that are more bioavailable than unprocessed fish oil. It contains EPA and DHA in the triglyceride (TG) form and as mono-glycerides (MG) and di-glycerides (DG) that act as emulsifiers for improved bioavailability. Upon digestion by pancreatic lipase and the lipase added in the formula, the EPA and DHA carried by TGs, DGs, and MGs are reduced to the MG and free fatty acid forms, along with glycerol.
- All fish oils are molecularly distilled — removing fishy odor and taste — and filtered to ensure purity and to maximize the removal of metals, pesticides, polychlorinated biphenyls (PCBs), and other contaminants
- Contains vitamin E isomers (as DeltaGold® delta- and gamma-tocotrienols) to protect from oxidation
- Lipase enzyme added to maximize absorption and to help avoid a fishy aftertaste
- Sustainable wild-caught anchovy, sardine, and mackerel fish from warm waters off the coast of Peru and Chile. Friend of the Sea-certified for sustainable fisheries and omega-3 fish oil processing and distribution.

The Story Behind Omega-3s

Every cell in the body needs FAs to function properly and maintain optimum health, as they are essential in the process of rebuilding and synthesizing new cells. Two of these fatty acids—omega-6 and omega-3 fatty acids—are essential. As a result of industrialized farming practices and modern food processing technology, the American diet is very high in omega-6 FAs but low in omega-3s. Correcting this imbalance through foods and supplements can be beneficial for the entire body. FAs have a desirable effect on many conditions; they support heart health, normal cholesterol and triglyceride metabolism, immune system function, brain, and nervous system health, joint mobility, healthy skin and hair, and a healthy inflammatory response.[1-3] The best sources of omega-3 fats are cold-water, wild-caught fish like anchovies, sardines, and mackerel. The omega-3s that come from marine animals are different from the plant forms (such as walnuts and flaxseed) in that many people cannot effectively convert the plant forms to the animal forms, which are the more potent and biologically active versions that the body ultimately requires. Omega-3 essential FAs have been shown to support the normal stability of arterial plaque to benefit heart health.[1,4] Since most people do not consume cold-water fish regularly, supplementation is recommended for most individuals to maintain optimum fatty acid ratios.

EPA and DHA

Eicosapentaenoic acid (EPA) is beneficial for supporting healthy brain function, balanced emotions, skin health, normal cholesterol metabolism, and a proper inflammatory response.[5-8] Docosahexaenoic acid (DHA) supports proper brain development and function, visual acuity, maintenance of normal triglyceride metabolism and blood pressure, eye development, and a healthy pregnancy for expectant mothers.[9-13]

A meta-analysis showed that the groups supplemented with EPA and DHA experienced reduced serum triglycerides and increased high-density lipoprotein (HDL) cholesterol.[14] In patients with hypertriglyceridemia taking a statin medication, those who received 4 g/day of EPA experienced significantly reduced incidence of major cardiovascular events.[15,16] Moreover, n-3 polyunsaturated fatty acids (PUFAs) with EPA levels ≥60% at a dosage of ≤1 g/d demonstrated

Proper fatty acid ratios in the body may help support:*

- Healthy mood and balanced emotions[5-7]
- Cardiovascular health[14-16]
- Healthy cholesterol and triglyceride metabolism[14]
- Healthy blood pressure and blood sugar[15]
- Neurological function and brain health[15]
- Joint lubrication[15,18-20]
- Normal immune and inflammatory responses[21]
- Hydrated skin and eyes[22,23]
- Cell membrane integrity[24]

Supplement Facts

Serving Size 1 softgel

Amount Per Serving		% Daily Value
Calories	15	
Total Fat	1.5 g	2%*
Cholesterol	5 mg	2%
Fish Oil Concentrate	1.32 g	†
Omega-3 Fatty Acids	1 g	†
EPA (Eicosapentaenoic Acid)	662 mg	†
DHA (Docosahexaenoic Acid)	250 mg	†

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Softgel ingredients (bovine gelatin, glycerine, purified water, annatto [color]), natural lemon flavor, DeltaGold® tocotrienols, lipase.
Contains fish (anchovy, sardine, and mackerel).

beneficial effects on the improvement of depression in a recent meta-analysis due to their ability to promote a healthy inflammatory response.[7] Inflammation has been shown to contribute to mood disorders; both EPA and DHA have been shown to decrease the production of inflammatory cytokines TNF-α, IL-1β, IL-2, and IL-6 that are related to depression.[7] According to a review, high levels of fish consumption and n-3 supplementation was associated with reduced incidence of Alzheimer's disease, Parkinson's disease (PD), and depressed moods commonly associated with PD, as well as improved quality of life in patients with multiple sclerosis.[17]

Omega-3 fatty acid supplementation may also help patients with rheumatoid arthritis (RA).*[18,19] Compared with the control group who received corn oil, test subjects with RA who supplemented 130 mg/kg/day of body weight of n-3 fatty acids for 30 weeks, had significant reductions in pain, morning stiffness, and tender joints.[18] According to a meta-analysis of nine RCTs including 2,070 patients (mean age 55 to 68 years) with osteoarthritis (OA), the intervention group who received n-3 supplementation (350 to 2,400 mg/day) experienced significant reductions in OA pain and improved joint function compared to the control and placebo groups.[20]

Another review demonstrated that n-3 metabolites, including the specialized pro-resolving lipid mediators (e.g., maresins, resolvins, protectins), play a beneficial role in helping regulate intestinal inflammatory pathways and promoting mucosal homeostasis.[21] These same pro-resolving lipid metabolites have been shown to promote healthy immune and inflammatory responses in patients with inflammatory skin diseases, such as psoriasis, atopic dermatitis, UV radiation, and malignant melanoma, by beneficially regulating the activity of dendritic cells, macrophages, T cells, B cells, neutrophils, and epithelial cells.[22] In 17 RCTs involving 3,363 patients with dry-eye disease, the groups who supplemented with n-3 FAs experienced reduced dry eye signs and symptoms compared to the placebo group.[23]

For an extensive review of the benefits of omega-3 fatty acids, see Chapter 91. Fish Oils (Omega-3 Fatty Acids, Docosahexaenoic Acid, Eicosapentaenoic Acid, Dietary Fish, and Fish Oils) in the fourth edition of the *Textbook of Natural Medicine* posted in the Designs for Health education library.[24]

Comparative intakes of EPA, DHA, and omega-3/omega-6 balance in Paleolithic versus modern diets[25]

Diet Types (normalized to 2200 kcal/day)	average DHA intakes[25]	average EPA intakes[25]	average EPA+DHA intake	average RBC % EPA	average RBC % DHA	RBC % EPA+DHA	average risk Of CVD[26,27]
Paleolithic diet type 1: 100% land-based foods	500 mg	800 mg	1.3 g				
Paleolithic diet type 2: 50% land/50% aquatic foods	2.9 g	1.1 g	4 g				
Paleolithic diet type 3: 100% aquatic foods	7.3 g	2.3 g	9.6 g				
Modern diet in US (Institute of Medicine recommends at most 160 mg EPA+DHA)[28]	70 mg	50 mg	120 mg			3.84%[29]	45%
Modern diet in Japan[30]			680 mg				12%
Modern diet of Greenland Eskimos[26]	5.1 g	4 g	9.1 g	6.4-7%	5.2-7%	11.7-14%[31,32]	3.5-7%

Recommended Use: Take 1 softgel per day or as directed by your health-care practitioner.

Warning: Consult your health-care practitioner before use if you are taking blood thinning medication or are planning to have surgery.

For a list of references cited in this document, please visit:

https://www.designsforhealth.com/api/library-assets/literature-reference---omegavail-tg1000-tech-sheet-references

Dosing recommendations are given for typical use based on an average 150 pound healthy adult. Health-care practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage.

To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at www.designsforhealth.com.