

Terms	Abbreviation
Docosahexaenoic Acid	DHA
Eicosapentaenoic Acid	EPA
Essential Fatty Acids	EFAs
Long Chain Poly Unsaturated Fatty Acids	LC-PUFA
Gamma Linolenic Acid	GLA
Stearidonic Acid	SDA

Ultra Omega-Linic evolved from Samolinic

Originally formulated in 1982, Samolinic was a unique combination of the omega 3 and omega 6 LC-PUFA prostaglandin precursors. From the beginning this product, which I have often called my 'snake oil', was successful because it helped so many health problems.

The Evolution

However, recent research prompted me to formulate a new combination of LC-PUFAs. Ultra Omega-Linic includes a high level of EPA and DHA. The high level of EPA has long been proved to quench the over-activity of an enzyme which is involved in Schizophrenia, Bipolar and severe depression. In addition, I have determined that a component of black currant seed oil, SDA, may have biological properties similar to EPA, and can be easily converted to EPA.

Ultra Omega-Linic has high levels of GLA. This omega 6 Essential fatty acid is necessary to combat the high dietary intake of Arachidonic Acid so prevalent in our Western diet. It is a potent anti inflammatory.

Ultra Omega-Linic is special for several reasons. The fish oil comes from the sustainable fisheries of the pristine waters of Alaska. In addition, it is filtered so as to remove fish protein. This eliminates the 'fishy burps' of many other products.

Ultra Omega-Linic works as a powerful anti inflammatory agent; it works in the neuropsychiatric arena; it protects against problems of aging, such as dementia; it helps many eye problems, and contributes to the health of every cell in the body.

All my nutritional protocols include the use of my new and improved essential fatty acid product. Ultra Omega-Linic contains a blend of Wild Alaska Salmon oil, Fish oil concentrate and Black Currant Seed Oil in softgels. Each softgel supplies 114 mg Eicosapentaenoic Acid (EPA), 65 mg Docosahexaenoic Acid (DHA), 84 mg Gamma Linolenic Acid (GLA,) 15 mg Stearidonic Acid (SDA) and 10 IU Vitamin E as mixed tocopherols. See the final reference on this page: Dietary Stearidonic Acid.

This product is analyzed for contaminants such as heavy metals and organic pollutants, checked for radiation and is guaranteed to exceed federal safety standards. Neither the Salmon or the Fish Oil concentrate contains any protein, the cause of the burp so many experience from fish oil.

Fish vs Algae, Flax or Krill

While fish oil is the most highly researched source, and it has the longest record of use, Krill Oil, while it has many of the same benefits, has a low concentration of EPA and DHA, and therefore requires more quantity of oil to supply equal amounts of these preformed polyunsaturated fatty acids. Again, consider economy of use.

Flax seed oil is a common choice of vegetarians. High arachidonic acid in the diet reduces the conversion of the parent oil alpha linolenic acid (Flaxseed oil), to EPA and DHA. The conversion of ALA to EPA, at best, is only about 2%.

Note: The only effective way to supplement DHA is as DHA.

The EFA Flow chart, Understanding Essential Fatty Acids, is a good way to grasp the technical steps involved in fatty acid conversion to prostaglandins.

I have written many articles on the use of Essential Fatty Acids (EFAs) and other nutrients in specific conditions. In particular, my protocol "Inflammation" is a more detailed discussion of the biochemical action of EFAs as prostaglandin precursors.

ADDITIONAL READING:

"Omega-3 fatty acids in health and disease and in growth and development," Simopolous, Artemis P, Am J Clin Nutr, 1991;54:438-63, Am Society for Clinical Nutrition.

"Botanical Lipids: Effects on Inflammation, Immune Responses, and Rheumatoid Arthritis," Rothman D, DeLuca P, Zurier RB. Seminars in Arthritis and Rheumatism, Vol 25, No 2 (October), 1995: pp 87-96.

"Proceedings from the Scientific Conference on Omega-3 Fatty Acids in Nutrition, Vascular Biology and Medicine," sponsored by the Councils on Arteriosclerosis, Thrombosis, Basic Science and High Blood Pressure Research, the Nutrition Committee and the National Heart, Lung and Blood Institute, Houston, TX, April 17-19, 1994, includes bibliographic references. Large paperback, 263 pp. Published in 1995 by the American Heart Association, PO Box 841750, Dallas, TX 75231-4596 USA.

"Phospholipid Spectrum Disorder in Psychiatry and Neurology", 2nd Edition, edited by Malcolm Peet, Ian Glen and David Horrobin, Marius Press, 1999. Books@mariuspress.com.

"Effects of Fish Oils and Polyunsaturated Omega-3 Fatty Acids in Health and Disease," National Institutes of Health, National Library of Medicine, June 1993 through January 1995, 1108 citations. Edited by Arthur A Wykes, PhD, 1995. Order special bibliography 1995-A from US Department of Commerce, National Oceanic & Atmospheric Administration, National Marine Fisheries Service, Southeast Fisheries Science Center, Charleston Laboratory, PO Box 12607, Charleston, SC 29422-2607 USA.

Dietary Stearidonic Acid Is a Long Chain (n-3) Polyunsaturated Fatty Acid with Potential Health Benefits, Jay Whelan, Department of Nutrition, University of Tennessee, Knoxville, TN 37996-1920

*These statements have not been evaluated by the Food and Drug Administration.
The products are not intended to diagnose, treat, cure, or prevent any disease*



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