



Ultra Omega-Linic

This product contains LC-PUFA
(**Preformed**) Long Chain, Polyunsaturated Fatty Acids)
formulated by John W Jones, MD, MPH

There are many IMPORTANT REASONS TO USE Ultra Omega-Linic with Wild Alaska Salmon

Ultra Omega-linic contains the following *preformed Essential* fatty acids:

- high EPA to increase function **and control inflammation**
- high SDA to further increase levels of EPA
- high GLA to **add additional** anti inflammatory prostaglandins
- high DHA to support neurological structure

Ultra Omega-Linic is a blend of essential Long Chain Poly-Unsaturated Fatty Acids (LC-PUFA). They are essential because omega 3 and omega 6 fatty acids **cannot be made by the human body**. It is extremely important that they be a part of the daily diet because of their vital role in the production of neural tissue in the form of phospholipids, and their role in nerve conduction in the form of free fatty acids. Some of the LC-PUFAs cause inflammation and others regulate it. Both omega 6 and omega 3 series must be in the body in adequate amounts in order to modulate the inflammatory process.

I have used a mixture of the omega 3 and omega 6 series LC-PUFAs since 1984, and it has helped many health problems. I have formulated **Ultra Omega-Linic** because **studies** indicate that a higher concentration of *preformed* Eicosapentaenoic acid (EPA) produces even better clinical results. EPA is the PUFA that deals primarily with function. Docosahexaenoic Acid (DHA) deals with structure. EPA cannot efficiently be elongated to DHA, but DHA can be efficiently converted to EPA. There are high levels of both EPA and DHA in **Ultra Omega-Linic**.

Ultra Omega-Linic contains high levels of Stearidonic acid (SDA), which also converts quickly and efficiently to EPA in the body. Flax Seed Oil contains the parent ALA oil, but no preformed EPA or DHA. It, has been used for the source of the essential omega 3. However, ALA is poorly converted to PUFA, and when supplemented, even in large amounts will not raise the level of EPA in Red Blood Cells. *The only way to increase DHA in red blood cells is to supplement with preformed DHA. Vegetarians miss out on the many benefits of EPA and DHA when they omit these essential fatty acids.* These *preformed* prostaglandin precursors (GLA, SDA, EPA and DHA) have been found to be more effective than the use of any one of them by itself.

The salmon oil is extracted from sustainable harvested wild salmon found in the pristine deep waters of **Alaska**. The Fish Oil concentrate, also from deep water fish, is added to achieve higher levels of EPA and DHA than is possible from Wild Alaska Salmon. This product is analyzed for contaminants such as heavy metals and organic pollutants, and is guaranteed to exceed federal safety standards. Neither the Salmon or the Fish Oil concentrate contains any protein.

WHY DO YOU NEED **Ultra Omega-Linic**?

In the typical Western diet, these essential fatty acids are missing, inadequately supplied, or are in a form unusable to the body; unusable because they are in the trans form, or are ingested as the parent essential oils which are very poorly converted to PUFA. (EPA, DHA, SDA or GLA).

WHAT DOES **Ultra Omega-Linic** Do?

Fish oil, which is rich in *preformed* EPA and DHA, combined with Black Currant seed oil rich in *preformed* GLA, has been found to be very useful in reducing inflammation. This makes a great deal of sense, since EPA, DHA and GLA are precursors of the prostaglandins, and very effectively modify the cyclooxygenase, lipoxygenase and epoxygenase pathways. GLA produces PG1 series prostaglandins that are anti inflammatory; EPA and DHA are precursors of the PG3 series. Arachidonic Acid, which is overabundant in our Western diet, is the precursor of the PG2 prostaglandins, which are highly inflammatory. All three of these pathways (PG 1,2 and 3) use the same enzymes, but the PG3 series uses them preferentially. This further reduces the production of the inflammatory PG2 series. The epoxygenase pathway, which is controlled by the p450 enzymes, is also modified by the substitution of EPA, DHA and GLA for Arachidonic Acid.

Supplementation of both fish oil and black currant seed oil simultaneously (as they occur in **Ultra Omega-Linic**) has been found to be more effective than the use of either one by itself. This combination favorably impacts any kind of inflammatory process. Other benefits:

- HDL is increased, thereby improving the LDL/HDL ratio;
- Platelet aggregation is decreased;
- Plasma triglycerides are reduced by an average of 30 percent or more.

The essential fatty acids in **Ultra Omega-Linic** have lessened the problems of arthritis of any kind, tendinitis, bursitis, PMS, menstrual cramps, chronic fatigue syndrome, fibromyalgia, bowel inflammatory diseases, and both general and cardiac atherosclerosis. It is extremely useful in preventing the complications of diabetes; vascular, ophthalmic and neurological. It has been linked to reductions in cancer. It should be used during pregnancy and lactation to assure an adequate supply of EFAs, especially DHA, for brain and retinal development of the infant and to prevent or minimize post partum depression caused by structural brain loss in the mother.

IMPORTANT NOTES ON DEPRESSION:

Very high EPA supplementation, along with the supplementation of the phospholipid antioxidants Vitamins E and C, alpha lipoic acid and Coenzyme Q 10, has been used successfully to help manage schizophrenia, bipolar and severe depression. Early studies suggest help with senile dementia.

I should point out that to ensure maximum benefit from EFA supplementation, make sure that all of the many nutrients that are required for proper metabolism of the EFAs are present. Use a multi, like **Ultra-Vites**, **Ultra-Preventive** or **Ultra-Preventive with Iron**, that meets or exceeds the RDIs. (See my Basic Protocol)

NOTE: Fish allergies are typically triggered by protein molecules. Since Ultra Omega-Linic contains no protein, it is unlikely to trigger an allergic reaction.

John W. Jones, MD, MPH
Nutritional Consultant for Nutrition Pure and Simple
www.jjconsulting.net

See Page 3 for a listing of ingredients

Supplement Facts: Serving Size: 1 Softgel, Servings per Container: 240

Each softgel contains:

Wild Alaskan Salmon Oil and Fish Oil concentrate

114 mg EPA (eicosapentaenoic acid) and 65 mg DHA (docosahexaenoic acid)

Black Currant seed oil

84 mg GLA (gamma linolenic acid) and 15 mg SDA (stearidonic acid)

10 IU Vitamin E (mixed tocopherols)

Suggested Use: Take 2 softgels morning and evening or as directed by a health professional.

The ingredients in this product are supplied by well respected USA and/or European vendors and they are analyzed for purity and quality.

Suggested dosage:

- As a dietary supplement, one to six softgels daily.
- For inflammatory conditions use eight to twelve softgels daily; increase or decrease quantity as indicated by symptoms.
- For Neurological symptoms start with eight to twelve daily.

How Ultra Omega-linic Is Supplied:

VMUOL bottles of 240 capsules

TO RECAP:

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- bursitis,
- PMS,
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- chronic fatigue syndrome,
- fibromyalgia,
- inflammatory bowel diseases,
- and both general and cardiac atherosclerosis.

It is extremely useful in preventing the complications of diabetes

- vascular,
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- and neurological.

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I *strongly* recommend its use during pregnancy and lactation to assure an adequate supply of EFAs (especially DHA) for brain and retinal development of the infant. LC-PUFAs prevent or minimize post partum depression caused by structural brain loss in the mother.



Phone: 888.953.5553

www.nutritionpureandsimple.com

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