

OmegaVital 820



Clinical Applications:

- Supports cardiovascular function and healthy blood sugar metabolism
- Promotes cognitive health and brain development
- Nourishes skin, joints, and connective tissues
- Enhances visual and ocular health
- Helps maintain a healthy inflammatory balance

CARDIOVASCULAR HEALTH

OmegaVital 820 is a high-potency omega-3 fish oil supplement, sourced from the pristine, cold waters off the Chilean coast—one of the world's cleanest and most sustainable marine environments. Each softgel delivers 820 mg of EPA, DHA, and DPA in the re-esterified triglyceride form, known for its superior absorption and bioavailability. To ensure optimal freshness and stability, mixed tocopherols (vitamin E) and rosemary extract are included as natural preservatives.

OmegaVital 820 is purified and vacuum-distilled to remove heavy metals, pesticides, and PCBs, with third-party testing verifying these contaminants are reduced to undetectable levels. Backed by decades of research, omega-3 fatty acids—especially EPA and DHA—are proven to support heart health, brain function, healthy joints, skin, and connective tissue. With more than 10,000 published studies, omega-3s remain among the most trusted and well-studied nutrients for long-term wellness.

Overview

Omega-3 fatty acids are essential to human health, meaning our bodies require them for proper function but cannot produce them on their own. These vital fats must be obtained through diet or supplementation. Omega-3s are involved in many critical processes—supporting circulation, brain development, and the structure and function of the heart, skin, joints, eyes, and immune system.

There are two primary types of omega-3s: alpha-linolenic acid (ALA), found in plant sources, and the long-chain forms EPA, DHA, and DPA, which are

mainly derived from cold-water fish. While the body can convert ALA into EPA and DHA, the process is inefficient—making direct intake of long-chain omega-3s especially important. Modern diets have significantly reduced omega-3 intake, making supplementation increasingly necessary.

Research has shown that omega-3s play a vital role in cardiovascular health, cognitive function, and inflammatory balance. For those concerned with blood lipid levels, the American Heart Association recommends consuming up to 4 grams of omega-3 fatty acids daily to support optimal health.

Fish Oil Delivery – Triglycerides vs. Ethyl Esters

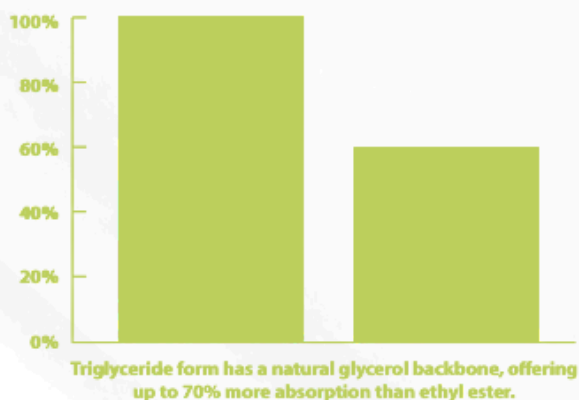
While the amount of EPA, DHA, and DPA in a fish oil supplement is essential, the form in which these omega-3s are delivered is just as important. The human body is naturally designed to digest and absorb these fatty acids in the triglyceride form, the same form found in whole fish. However, most fish oil supplements on the market are in the ethyl ester form, which is less bioavailable. Although ethyl esters allow for high concentrations of EPA and DHA, their altered structure makes them harder for the body to break down, as they are more resistant to digestive enzymes like lipases.

Research comparing the two forms found that five common digestive lipase enzymes were significantly more effective at breaking down fish oil in the natural triglyceride form than in the ethyl ester form. Further studies, including work by renowned omega-3 revealed that re-esterified triglyceride fish oil—like

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that in OmegaVital 820—is up to 70% more absorbable than its ethyl ester counterparts, making it the superior choice for effective omega-3 supplementation.

Relative % Bioavailability of Re-esterified Triglyceride Compared to Regular Ethyl Ester



Omega-3 Depletion

Modern diets—especially the typical Western diet—often lack sufficient amounts of omega-3 fatty acids needed for optimal health. In addition, the body's ability to convert ALA (plant-based omega-3) into the more active forms EPA and DHA is limited, making direct intake of these long-chain omega-3s even more important.

Deficiency in omega-3s is common and can manifest subtly through symptoms like dry or flaky skin, poor circulation, trouble sleeping, eye discomfort, and mood imbalance. While most research has focused on EPA and DHA, recent studies have highlighted the importance of DPA—a lesser-known omega-3 and a metabolic bridge between EPA and DHA. DPA is stored in tissues such as the liver, brain, eyes, heart, breast, and red blood cells, and may act as a reservoir that enhances the overall availability and effectiveness of EPA and DHA.

OmegaVital 820 includes 50 mg of DPA per softgel, providing a more complete spectrum of omega-3 support to help maintain neurological function, inflammatory balance, and metabolic health.

Cardiovascular and Blood Sugar Health

Omega-3 fatty acids—especially EPA, DHA, and DPA—have long been recognized for their heart health benefits. The landmark GISSI-Prevenzione trial demonstrated that just 1 gram per day of omega-3s significantly supported cardiovascular health within three to four months. Omega-3s help regulate blood lipid levels and promote healthy blood pressure.

A meta-analysis of 31 placebo-controlled trials found that each additional gram of omega-3s helped maintain blood pressure levels already within the normal range. Additionally, populations with high intake of long-chain omega-3s have shown better blood sugar balance, highlighting the role of omega-3s in metabolic health.

Additional Benefits of Omega-3 Fatty Acids

Beyond their well-established cardiovascular support, omega-3 fatty acids play a vital role in brain development, mood balance, cognitive performance, joint mobility, and visual clarity. They have also been shown to support maternal health during pregnancy and contribute to healthy infant development, making omega-3s essential across all life stages.

Mood Enhancement

A double-blind study involving participants with low mood found that daily supplementation with 1–2 grams of EPA led to significant mood improvement compared to placebo, demonstrating EPA's positive role in emotional balance.

Increased Mental Focus

A British study linked higher omega-3 levels in the blood to better cognition, behavior, and academic performance in children with below-average reading ability, highlighting the importance of omega-3s in mental focus and brain function.

Joint Comfort

In a study of 125 individuals, taking 1,200 mg of omega-3s per day helped relieve joint and back discomfort caused by exercise or overexertion. Notably, 88% of participants chose to continue supplementation after the study. Additional research also shows improvement in joint tenderness and morning stiffness with continued fish oil use.

Visual Acuity

Omega-3s, especially DHA, support healthy visual development. A study of 136 Inuit children exposed to high levels of omega-3s during gestation showed enhanced long-term visual function. Regular intake of oily fish (at least once per week) was also associated with better visual clarity and support for macular health.

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Directions

Take 1 softgel daily, or as recommended by your healthcare provider.

Does Not Contain

This product contains no gluten, corn, yeast, or artificial colors or flavors.

Cautions

If you are pregnant or nursing, consult your physician before taking this product

Supplement Facts ^{V4}		
Serving Size 1 Soft Gel Capsule		
Servings Per Container 60, 120 & 180		
	Amount Per Serving	% Daily Value
Calories	15	
Total fat	1.5 g	2%*
Cholesterol	<5 mg	<2%
Total Omega-3s (as Triglycerides)	950 mg	**
EPA (Eicosapentaenoic Acid)	430 mg	**
DHA (Docosahexaenoic Acid)	390 mg	**
Omega-3s (additional)	130 mg	**
DPA (Docosapentaenoic Acid)	50 mg	**
* Percent Daily Values are based on a 2,000 calorie diet.		
** Daily Value not established.		

Other Ingredients: Fish Oil (anchovy, jack mackerel, mackerel, sardine) (Highly Refined and Concentrated Omega-3), Gelatin, Glycerin, Water (Purified), Natural Flavors, Natural Tocopherols, Rosemary Extract (Leaf) and Ascorbyl Palmitate

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