

Frequently Asked Questions Regarding Fish Oil

Q. How do I know that Metagenics fish oil is high quality?

A. Metagenics unconditionally guarantees the quality and purity of our concentrated EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) fish oil formulas. Each formula contains only the highest quality, Purity-Certified omega-3 fatty acids—EPA and DHA—that meet or exceed label claim (milligram, not just area percent). These formulas are enhanced with antioxidants to increase product stability.

The exceptional manufacturing and purification technology exceeds the highest quality standards—including the rigorous standards of the International Pharmacopoeia—and by far exceeds the quality criteria for the Council for Responsible Nutrition’s Omega-3 Monograph. Our dedication to every detail and exhaustive third-party and in-house testing are briefly outlined below (Table 1).

Table 1. Metagenics Quality Control Guide

Raw Material Production	Encapsulation & Processing	Finished Goods & Distribution
Manufacturing	Manufacturing	In House
<ul style="list-style-type: none"> √ Peroxide value √ Anisidine value √ Total omega-3 fatty acids √ And other tests 	<ul style="list-style-type: none"> √ Average fill weight √ Total average weight √ EPA-DHA quantity √ Softgel size √ And other tests 	<ul style="list-style-type: none"> √ Total plate count √ Yeast and mold √ Coliforms √ <i>E. coli</i> √ Salmonella √ Staphylococcus √ Disintegration time √ Shelf stability
Third Party	Third Party	Quality Document
<ul style="list-style-type: none"> √ Heavy metals √ Polycyclic aromatic √ Organochlorides/organophosphides √ Polychlorinated biphenols (PCBs) √ Dioxins √ Purity certification 	<ul style="list-style-type: none"> √ EPA quantity √ DHA quantity √ Marine lipid quantity √ And other tests 	<ul style="list-style-type: none"> √ Certificates of analysis √ Third-party assays √ In-house assays √ European Pharmacopoeia guidelines √ EDQM certificate of suitability √ CRN Voluntary monograph detailing proposed higher standards for EPA-DHA

The gelatin used in our softgels is obtained from countries known to be free of bovine spongiform encephalopathy (BSE) and have programs in place to prevent its occurrence. And for enteric-coated formulas, Metagenics utilizes United States Pharmacopoeia (USP) compliant enteric-coating to avoid premature dissolution in the stomach. According to USP guidelines, enteric coating must delay gastric disintegration by a minimum of one hour.

Q. Does Metagenics fish oil contain mercury or other contaminants?

A. Metagenics utilizes fresh, clean, deep-sea, wild-caught, cold-water fish with lower risk of contamination. In addition, Metagenics Purity-Certified fish oils undergo a proprietary refinement process to remove heavy metals and other environmental pollutants. An advanced Molecular Distillation process of every batch ensures the highest purity and batch consistency. Every batch is thoroughly tested for impurities at every step, from raw material to packaging. Our dedication to exhaustive third-party and in-house testing enable us to make the following guarantees (Table 2):

Table 2. Metagenics fish oil formulas are below detectable limits of common contaminants

Mercury	Less than 5 ppb (below detection limit)
Lead	Less than 25 ppb (below detection limit)
Dioxin	TEQ less than 5 ppt (below detection limit)
PCBs	TEQ less than 3 ppt (below detection limit)

- Also tested for yeasts, molds, and bacteria

Q. What are the advantages of choosing fish oil from Metagenics?

A. Not all fish oil formulas are the same. The advantages of Metagenics premium Purity Certified fish oil formulas include:

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| √ Third-party purity-certified | √ Natural lemon flavor |
| √ Concentrated levels of specific omega-3s | √ Custom made in Norway |
| √ Low in cholesterol | √ Low cost |

Q. Is Metagenics fish oil pharmaceutical-grade, ultra-pure, and/or ultra-refined?

A. There is no unified definition for these terms. However, under the accepted market definitions, Metagenics produces pharmaceutical-grade, ultra-pure, and ultra-refined fish oil that meets the highest standards of quality. Produced in Norway, the manufacturing plant is pharmaceutical licensed by the Norwegian Medicines Agency—Norway’s equivalent to the Food and Drug Administration (FDA)—and is one of the three pharmaceutical licensed omega-3 manufacturing facilities in the world.

Q. Is Metagenics fish oil from Norwegian fish?

A. Many companies imply that their *raw materials come from Norway*. In truth, the majority of wild-caught fish for supplements comes from off the coast of South America (Peru and Chile), with smaller amounts coming from Europe, Africa, and the United States. What is the key takeaway point? Don’t let these marketing tactics fool you. *The finest raw material sources are fresh, clean, deep-sea, wild-caught, cold-water fish that are purified through an advanced distillation process to remove potential contaminants.*

Q. Is Metagenics fish oil clinically tested?

A. Thousands of studies have been conducted on the potential health benefits of fish or fish oil in human health.¹⁻⁸ *The profound results of the health benefits of EPA-DHA are already in.* As a research-based company dedicated to the best health of your patients, Metagenics focuses on maintaining a variety of *Purity-Certified, highly concentrated* formulas to best suit your patients’ individual health needs. These advanced formulas are successfully used by numerous patients at the FMRC—with many documented case studies—and recommended by healthcare professionals worldwide.

References

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