

# Heart Health Essential Fish Oil

## Heart Health魚油



Single Bottle (60 Servings)  
單瓶裝 (60份)

Code: HK13850  
產品代號: HK13850

### Primary Benefits:

- ✓ May support cardiovascular health
- ✓ May support normal cognitive health
- ✓ Helps support healthy blood circulation

### 主要好處:

- ✓ 或有助支援心血管健康
- ✓ 或有助支援正常認知功能健康
- ✓ 有助支援健康的血液循環

## What Makes Heart Health™ Essential Fish Oil Unique?

Heart Health Essential Fish Oil is a superior product due to a number of factors. The best fish are used to produce a clean and safe product that is rich in eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Heart Health Essential Fish Oil comes from small fish where other competitive products use large fish, which are more likely to accumulate toxins. Heart Health Essential Fish Oil provides a high-quality, high-purity product with significant percentages of the health promoting EPA and DHA.

The fish oil in Heart Health Essential Fish Oil is from anchovies and sardines harvested off the coast of Peru. Not only do anchovies and sardines have high omega-3 content, the omega-3 they contain has high percentages of EPA and DHA. Anchovies and sardines have a short lifecycle; this makes them an ideal source of fish oil because they are less prone to accumulating environmental toxins that can be found in larger, longer-lived fish. Contaminants are generally low in anchovies and sardines even before they go through an intense purification process. Every batch of fish oil is tested prior to processing by our manufacturer and must pass quality checks during the production process.

Recent research has shown that fish oil may be beneficial in supporting cognitive health. In an article published in *The American Journal of Clinical Nutrition*, fish oil supplementation was shown to be beneficial for healthy cognitive and cardiac functioning. The study shows that supplementing with fish oil daily can rapidly raise the levels of EPA and DHA in cardiac tissue. In addition, DHA has been shown to help maintain blood circulation. Fish oils have been clinically demonstrated to provide a host of benefits that successfully promote cardiovascular health.

An unhealthy diet of processed, high-calorie, high-fat foods; pollution; smoking and sedentary lifestyles all contribute to poor heart health. Not smoking, maintaining a healthy weight, eating a diet rich in fruits, vegetables and whole grains, exercising regularly and taking the right supplements can all contribute to promoting good cardiovascular health. Clinical

## Heart Health™ 魚油有何獨特之處?

Heart Health魚油是一項品質優良的產品。此產品只採用最優質的魚類，潔淨安全，並含有豐富二十碳五烯酸 (EPA) 及二十二碳六烯酸 (DHA)。Heart Health魚油以較細小的魚類製成，其他競爭產品則多使用較易積聚毒素的大魚。Heart Health魚油是一項優質、高純度的產品，含豐富促進健康的EPA及DHA。

Heart Health魚油所含的魚油來自秘魯海岸捕獲的鯷魚和沙甸魚。鯷魚和沙甸魚含有高水平的奧米加3，而且這些奧米加3含有極高比例的EPA和DHA。鯷魚和沙甸魚生命週期較短，較少機會積聚環境毒素，因此是優質的魚油來源；相反，較大型、長壽的魚類較易積聚毒素。一般來說，鯷魚和沙甸魚在進行淨化過程前的污染物含量已經很低。每一批魚油經我們的製造商加工前均會通過測試，並必須於生產過程通過質量檢查。

近期研究顯示，魚油或有助支援認知功能。《美國臨床營養學雜誌》刊載的文章指，補充魚油顯示對健康認知和心臟功能有益。研究顯示，每天補充魚油可快速提升心臟組織的EPA和DHA水平。此外，研究顯示DHA有助維持血液循環。臨床研究顯示，魚油提供許多好處，這些好處有效促進心血管健康。



trials have shown that supplementing with omega-3 (found in fish oil) may support cardiovascular health and blood circulation.

The fish oil used in Heart Health™ Essential Fish Oil is tested twice: once from the manufacturer and then by an independent testing company, for mercury, lead, Polychlorinated biphenyls (PCBs) and other heavy metals. Both tests confirmed that Heart Health Essential Fish Oil is free of mercury, lead, PCBs and other heavy metals. We only use fish oil that meets or exceeds standards set by Canada (CFIA), European Union (EU) and United States (CRN).

## Key Ingredients

### Fish body oils

Fish oils are rich sources of omega-3 long-chain polyunsaturated fatty acids. EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) are the two most studied fatty acids found in fish oils. DHA is a necessary component of the phospholipids in human cellular membranes, especially those found in the brain and retina. Clinical studies have shown fish oil helps to maintain cardiovascular health and are important in the maintenance of normal blood circulation.

EPA and DHA may assist in stabilizing blood cholesterol by promoting normal lipogenesis and supporting normal fatty acid oxidation in the liver. EPA and DHA promote the normal transportation of the regulatory enzymes of fatty acid oxidation.

In clinical studies, a strong correlation has been shown between fish oil consumption and overall cardiovascular health. Fish oils are important in the maintenance of normal blood circulation, which is important for cardiovascular health.

Omega-3 fatty acids compete metabolically with omega-6 fatty acids. Excess omega-6 fatty acids interfere with the health benefits of omega-3 fatty acids. Some research suggests that excessive levels of omega-6 fatty acids relative to omega-3 fatty acids may increase the probability of health-related conditions.

## Frequently Asked Questions About Heart Health Essential Fish Oil:

### What exactly is cardiovascular health?

The term cardiovascular health (also referred to as heart health) is used to describe a cardiovascular system that is strong and in good physical condition. By leading a more healthful lifestyle and through proper supplementation, you can significantly increase your chances of maintaining good cardiovascular health.

### What does lifestyle have to do with heart health?

There are simple, everyday things you can do to help maintain proper heart health. Among these are:

- Do not smoke
- Maintain a healthy height-to-weight ratio
- Eat a diet rich in fruits, vegetables and whole grains
- Limit the consumption of total and saturated fat
- Exercise regularly
- Work with your physician to monitor cholesterol, blood pressure and homocysteine levels
- Start a complete nutritional supplementation program designed to help maintain proper cardiovascular health

進食加工、高卡路里及高脂食品等不健康飲食習慣、污染、吸煙和缺乏運動，均會導致心臟健康欠佳。不吸煙、維持健康體重、維持含豐富蔬果和全穀類的飲食、定時運動和使用適當的補充品，均有助促進良好心血管健康。臨床測試顯示，補充奧米加3（於魚油中找到）或支援心血管健康及血液循環。

Heart Health™魚油採用的魚油經兩次測試，第一次由製造商進行，第二次由獨立檢測公司進行，以測試產品的水銀、鉛、多氯聯苯 (PCB) 及其他重金屬含量。兩次測試均證實 Heart Health魚油不含水銀、鉛、多氯聯苯 (PCB) 及其他重金屬。我們只採用符合或高於加拿大 (CFIA)、歐盟 (EU) 和美國 (CRN) 標準的魚油製造產品。

## 主要成份

### 魚油

魚油含豐富奧米加3長鏈不飽和脂肪酸。魚油中的脂肪酸 EPA和DHA是兩種最廣獲研究的脂肪酸。DHA是人體細胞膜（尤其是腦部和視網膜）磷脂的必要組成部份。臨床研究顯示，魚油有助維持心血管健康，並對維持正常血液循環非常重要。

EPA和DHA促進正常脂質合成，並支援肝臟內正常脂肪酸氧化過程，從而或有助穩定血膽固醇。EPA和DHA促進脂肪酸氧化過程調節酵素的正常運送。

臨床研究顯示，攝取魚油與整體心血管健康有重大關連。魚油對維持正常血液循環非常重要，而正常血液循環是心血管健康的關鍵。

奧米加3脂肪酸於代謝作用與奧米加6脂肪酸競爭。過量奧米加6脂肪酸會影響奧米加3脂肪酸帶來的健康好處。一些研究報告指出，相對奧米加3脂肪酸，奧米加6脂肪酸水平過量會增加患上相關疾病的機會。

## 關於Heart Health魚油的常見問題

### 甚麼是心血管健康？

心血管健康（亦稱為心臟健康）用以形容強健而處於良好狀況的心血管系統。透過維持健康的生活方式和使用適當補充品，你可以大大提升維持心血管健康的機會。

### 生活模式對心臟健康有甚麼關係？

簡單的日常習慣，有助你維持心臟健康。其中包括：

- 不吸煙
- 維持健康身高體重比例
- 維持含豐富蔬果和全穀類的飲食
- 限制總脂肪和飽和脂肪
- 定時運動
- 與醫生合作監察膽固醇、血壓和同半胱氨酸水平
- 開始專為維持心血管健康而設的營養補充計劃

## What is homocysteine?

Homocysteine is a marker of cardiovascular risk. Homocysteine is a toxic amino acid which when found in high concentrations in the blood, is associated with a high risk of heart disease and stroke. According to some experts, homocysteine as a marker for cardiovascular disease is as important a factor as cholesterol or smoking. Homocysteine levels can become elevated as a result of smoking, high alcohol consumption, low levels of selected B-vitamins in the diet, or a previous heart attack or stroke.

## Is the fish oil tested to be free of heavy metals?

The fish oil used in Heart Health™ Essential Fish Oil is laboratory tested for mercury, lead, PCBs and other heavy metals. We only use fish oil that meets or exceeds standards set by Canada (CFIA), European Union (EU) and the United States (CRN).

## What is the function of vitamin E in Heart Health Essential Fish Oil?

Vitamin E is added to the Heart Health Essential Fish Oil supplement to provide antioxidant protection for the fish oil that contains the omega-3 fatty acids DHA and EPA. The vitamin E helps to keep the fish oil from oxidizing, thereby extending the shelf life and potency of the product.

## Is Heart Health Essential Fish Oil a vegetarian product?

No. This product contains gelatin and fish oils.

## Why is this product not recommended for women who are pregnant or breast-feeding?

Fish oils have anti-coagulant activity, which can prevent blood clotting. Anti-coagulant activity could cause excessive bleeding before or during delivery. Therefore, women who are pregnant or breast-feeding should talk to their healthcare provider if they want to take this product.

## Why does this product have a stronger fish smell in summertime?

The climate and temperature directly affects the smell of the product. During high temperature season (i.e. during summertime), the product may have a stronger fish smell. However, the stronger smell does not affect the potency of the product. To prevent the strong smell, it is suggested to keep the product in a cool and dry place, such as a refrigerator, during summertime.

## Is Heart Health Essential Fish Oil safe?

Heart Health Essential Fish Oil is safe and free of harmful agents. The product is made in the United States in FDA-inspected facilities using Good Manufacturing Practices. Customers can have confidence in the quality and safety of this product.

## Scientific studies that support Heart Health Essential Fish Oil: Heart Health™ 魚油科學支持：

Bonaa, KH, et al, Effect of eicosapentaenoic and docosahexaenoic acids on blood pressure in hypertension. A population-based intervention trial from the Tromso study. *N Engl J Med* 322(12):795-801 (1990)

Chan JK, et al, Dietary alpha-linolenic acid is as effective as oleic acid and linoleic acid in lowering blood cholesterol in normolipidemic men. *Am J Clin Nutr* 53(5):1230-1234 (1991)

Garrido A, et al, Ingestion of high doses of fish oil increases the susceptibility of cellular membranes to the induction of oxidative stress. *Lipids* 24(9):833-835 (1989)

Harris WS, et al, Dietary omega-3 fatty acids prevent carbohydrate-induced hypertriglyceridemia. *Metabolism* 33(11):1016-1019 (1984)

Howe PR. Dietary fats and hypertension. *Focus on fish oil.* *Ann NY Acad Sci* 827:339-352 (1997)

Knapp HR, FitzGerald GA. The antihypertensive effects of fish oil. A controlled study of polyunsaturated fatty acid supplements in essential hypertension. *J Engl J Med* 320(16):1037-1043 (1989)

Kris-Etherton PM, et al, fish consumption, fish oil, omega-3 fatty acids, and cardiovascular disease. *Arterioscler Thromb Vasc Biol* 23(2):e20-e30 (2003)

Madsen T, Skou HA, et al, C-reactive protein, dietary n-3 fatty acids, and the extent of coronary artery disease. *Am J Cardiol* 88:1139-42 (2001)

Morris MC, et al, The effect of fish oil on blood pressure in mild hypertensive subjects: a randomized crossover trial. *Am J Clin Nutr* 57(1):59-64 (1993)

Morris, MC, Sacks F, Rosner B. Does fish oil lower blood pressure? A meta-analysis of controlled trials. *Circulation* 88(2):523-533 (1993)

Nestel PJ. Fish oil attenuates the cholesterol induced rise in lipoprotein cholesterol. *Am J Clin Nutr* 43(5):752-757 (1986)

Rigelsky, JM, et al, Hawthorn: pharmacology and therapeutic uses. *Am J Health Syst Pharm* 59:417-22 (2002)

Tsai PJ, Lu SC. Fish oil lowers plasma lipid concentrations and increases the susceptibility of low density lipoprotein to oxidative modification in healthy men. *J Formos Med Assoc* 96(9):718-726 (1997)

## 甚麼是同半胱胺酸？

同半胱胺酸是心血管疾病風險的指標。當同半胱胺酸這種氨基酸於血液的濃度很高時，便具有毒性，並帶來高心臟病和中風的風險。部份專家指出，就作為心臟病的風險指標而言，同半胱胺酸與膽固醇及吸煙因素同樣重要。吸煙、高酒精攝取量、飲食含低B類維他命、曾經心臟病發或中風等因素，均可令同半胱胺酸水平上升。

## 魚油經測試證實不含重金屬嗎？

Heart Health™魚油採用的魚油經實驗室測試水銀、鉛、多氯聯苯 (PCB) 及其他重金屬含量。我們只採用符合或高於加拿大 (CFIA)、歐盟 (EU) 和美國 (CRN) 標準的魚油製造產品。

## Heart Health魚油所含有的維他命E有何功效？

Heart Health魚油加入維他命E，為含有奧米加3脂肪酸DHA和EPA的魚油提供抗氧化防護。維他命E有助避免魚油氧化，從而延長產品保存期限及提升產品功效。

## Heart Health魚油是素食產品嗎？

不是，此產品含凝膠及魚油。

## 為甚麼此產品不建議懷孕或哺乳婦女使用？

魚油具抗凝血功效，可預防血液凝固。抗凝血功效有機會導致生產期間或之前過量出血。因此，懷孕或哺乳期間的婦女使用此產品前應先諮詢醫護人員。

## 為甚麼此產品於夏天時魚味更強烈？

氣候及溫度會直接影響產品氣味。於高溫季節（即夏季），產品的魚味可能較濃烈。然而，這並不影響產品功效。為避免氣味變得濃烈，我們建議於夏天儲存產品於陰涼、乾燥的地方，例如雪櫃內。

## 使用Heart Health魚油安全嗎？

Heart Health魚油安全及不含有害物質。此產品在美國製造，並於經美國食品及藥物管理局檢測的設備生產，符合良好生產規範。顧客對本產品的質量和安全可絕對有信心。