Plasma lipid concentrations of EPA and DHA were significantly higher when administered as TruTG™ fish oils. This was easier to assimilate for patients with impaired digestion and less prone to oxidation and production of free radicals. No post digestion production of alcohol in the gut or blood. Natural TG fish oil results in 100% more plasma EPA and DHA after absorption than ethyl ester (EE) oils.

One of the critical factors for the poor bioavailability of EE fish oils is a much greater resistance to digestive enzymes. During the digestive process, pancreatic lipase enzymes hydrolyze (cleave) the oils to fatty acids, and EE fish oil is much more resistant to this digestive process than the triglyceride (TG) form.

Superior Absorption and Bioavailability
Numerous studies have shown the absorption and bioavailability of EPA and DHA ethyl esters (EE) is far less than the triglyceride (TG) form. Researchers have measured the amount of DHA and EPA in blood plasma after ingestion of ethyl esters or as TruTG™ oils.

One of the critical factors for the poor bioavailability of EE fish oils is a much greater resistance to digestive enzymes. During the digestive process, pancreatic lipase enzymes hydrolyze the fatty acids, and EE fish oil is much more resistant to this process than the triglyceride (TG) form.

A recent study assessed the specific activity of lipases towards DHA and EPA in fish oil and EE forms of fish oils. All of the investigated lipases hydrolyze EPA and DHA much more readily from fish oil than from EE fish oil. The kinetically slower hydrolysis of fish oil DHA and EPA would be further enhanced by the increased oxidative stress and free radical production that is particularly deleterious to omega-3 fatty acid stability. Seizing EE fish oils to fatty suppositories will likely result in poor clinical outcomes.

Why the Triglyceride (TG) Form of Fish Oils?
• The naturally occurring form in food and in the body
• Research and data show it is up to 100% more bioavailable than the ethyl ester (EE) form.
• Greater bioavailability for patients with impaired digestion and absorption.
• Low post-prandial production of alcohol in the gut or blood stream as in the EE form.
• Less susceptible to increasing free fatty acids in the blood, which may increase blood glucose.

At Designs for Health, we have always placed quality, efficacy and safety above cost. This is precisely why we convert to TG the most amount possible, between 90% and 100%. TruTG™ defines safety above cost. This is precisely why we convert to TG the maximum amount possible, between 90% and 100%.

A review of the existing literature provides evidence suggesting omega-3 fatty acids in the natural TG form are more efficiently and significantly better incorporated into plasma lipids when compared to the EE form.

More Stable, Less Prone to Oxidation
Omega-3 fish oils in the form of EEs or monoglycerides are much less stable than those in the natural TG form, making them more prone to oxidation. The oxidation kinetics of DHA as an EE as a TG were accurately measured using the concentration of singlet oxygen in the head phase of a reaction vessel with both EE and TG forms.

The EE form of DHA was more reactive and, quality studies, demonstrating that fish oils are the first stable and more readily produce harmful oxidation products. In addition, the stability of TG-containing oil in phospholipid, triglyceride and the EE form has been assessed.

After a 2-week oxidation period, the EE-DHA decayed 33% more in phospholipid, triglyceride and the EE form has been assessed.

One of the causative factors for the poor bioavailability of EE fish oils is a much greater resistance to digestive enzymes. During the digestive process, pancreatic lipase enzymes hydrolyze (cleave) the oils to fatty acids, and EE fish oil is much more resistant to this process than the triglyceride (TG) form.

To contact Designs for Health, please call us at (800) 847-8302, or visit us on the web at www.designsforhealth.com.
<table>
<thead>
<tr>
<th>Ingredients</th>
<th>OmegAvail™ Hi Po</th>
<th>OmegAvail™ Smoothie Lemon Drop</th>
<th>OmegAvail™ Smoothie Orange Cream</th>
<th>OmegAvail™ Synergy</th>
<th>OmegAvail™ Ultra with D3, K1, K2*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>EPA (Eicosapentaenoic Acid)</strong></td>
<td>320 mg</td>
<td>320 mg</td>
<td>320 mg</td>
<td>320 mg</td>
<td>320 mg</td>
</tr>
<tr>
<td><strong>DHA (Docosahexaenoic Acid)</strong></td>
<td>725 mg</td>
<td>725 mg</td>
<td>725 mg</td>
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<td>725 mg</td>
</tr>
<tr>
<td><strong>GLA (Gamma Linolenic Acid)</strong></td>
<td>160 mg</td>
<td>160 mg</td>
<td>160 mg</td>
<td>160 mg</td>
<td>160 mg</td>
</tr>
<tr>
<td><strong>ALA (AlphaLinolenic Acid)</strong></td>
<td>400 mg</td>
<td>400 mg</td>
<td>400 mg</td>
<td>400 mg</td>
<td>400 mg</td>
</tr>
<tr>
<td><strong>Vitamin D3</strong></td>
<td>1000 IU</td>
<td>1000 IU</td>
<td>1000 IU</td>
<td>1000 IU</td>
<td>1000 IU</td>
</tr>
<tr>
<td><strong>Vitamin E</strong></td>
<td>95 mcg</td>
<td>95 mcg</td>
<td>95 mcg</td>
<td>95 mcg</td>
<td>95 mcg</td>
</tr>
<tr>
<td><strong>Vitamin K1</strong></td>
<td>525 mcg</td>
<td>525 mcg</td>
<td>525 mcg</td>
<td>525 mcg</td>
<td>525 mcg</td>
</tr>
<tr>
<td><strong>Vitamin K2</strong></td>
<td>25 mcg</td>
<td>25 mcg</td>
<td>25 mcg</td>
<td>25 mcg</td>
<td>25 mcg</td>
</tr>
</tbody>
</table>

**Application**
- High potency EPA/DHA for more aggressive applications
- Lipase was added, as it is the enzyme crucial to the digestion and absorption of fatty acids
- Great benefits and the elderly who prefer not to take pills
- Lipid offers expanded dosing flexibility
- Add to shakes
- Balanced doses of EPA, DHA, ALA, and GLA
- Lipase was added, as it is the enzyme crucial to the digestion and absorption of fatty acids
- Lipase was added, as it is the enzyme crucial to the digestion and absorption of fatty acids
- Combination omega-3-6 fatty acid complex
- Balanced doses of EPA, DHA, ALA, and GLA
- Lipase was added, as it is the enzyme crucial to the digestion and absorption of fatty acids

**Other Ingredients:**
- Bovine gelatin, glycerin, water, natural lemon flavor, lipase, annatto, and mixed tocopherols.
- Bovine gelatin, glycerin, water, natural orange flavor, lipase, annatto, and mixed tocopherols.
- Bovine gelatin, glycerin, water, natural lemon and orange flavor, lipase, annatto, and mixed tocopherols.
- Bovine gelatin, glycerin, water, natural lemon, orange, and lime flavor, lipase, annatto, and mixed tocopherols.

**Other Omegas:**
- Omega-3 Fatty Acids
- Other Omega-3 fatty acids
- Other Omega-3 fatty acids
- Other Omega-3 fatty acids
- Other Omega-3 fatty acids

**Mechanisms:**
- Absorption of fatty acids
- Enzyme crucial to the digestion and absorption of fatty acids
- Absorption of fatty acids
- Lipase

**Taste:**
- Lemon Drop
- Orange Cream
- Lemon Drop & Orange Cream

**Note:** Patients taking blood thinners should have coagulation levels checked while taking products containing Vitamin K. Product comparisons chart.

**OmegAvail™ Hi Po**
- Two Softgels
- 270 mg
- 200 mg
- 600 mg
- Two softgels
- 400 mg
- 720 mg
- 400 mg

**OmegAvail™ Liquid**
- Two softgels
- 400 mg
- 1100 mg
- 270 mg
- 320 mg
- Two softgels
- 400 mg
- 400 mg

**OmegAvail™ Smoothie Lemon Drop**
- Two softgels
- 400 mg
- 720 mg
- 400 mg
- 400 mg

**OmegAvail™ Smoothie Orange Cream**
- Two softgels
- 400 mg
- 720 mg
- 400 mg
- 400 mg

**OmegAvail™ Synergy**
- Two softgels
- 400 mg
- 1100 mg
- 270 mg
- 320 mg
- Two softgels
- 400 mg
- 400 mg

**OmegAvail™ Ultra**
- Two softgels
- 400 mg
- 1100 mg
- 270 mg
- 320 mg
- Two softgels
- 400 mg
- 400 mg

**OmegAvail™ Ultra with D3, K1, K2**
- Two softgels
- 400 mg
- 1100 mg
- 270 mg
- 320 mg
- Two softgels
- 400 mg
- 400 mg

**Other Ingredients:**
- Bovine gelatin, glycerin, water, lemon (natural flavor), lemon (natural color), mixed tocopherols, annatto (natural color)
- Other ingredients: Citrus peel powder, natural lemon, wild orange, wild bergamot, wild lime, lemon peel, cinnamon (as natural flavor), and annatto (as natural color)
- Other ingredients: Bovine gelatin, glycerine, water, natural lemon flavor, lipase, annatto, and mixed tocopherols