

Vectomega, Nature's First Whole Food Omega-3 Complex

In our series of Terry Talks Nutrition newsletters, we keep you informed on various nutritional ingredients and nutritional formulations that may be beneficial for your health. The following article written by Dr. Stephen Coles, M.D. is so critical to various aspects of your health that I wanted to make sure you're able to read his column in its entirety. Omega-3 fatty acids found in fish are always accompanied by a complex of phospholipids, peptides and amino acids.

Vectomega is the only natural whole food Omega-3 fatty acid combining those important phospholipids and peptides with DHA and EPA. DHA and EPA are not easily transported to the cellular level unless they are complexed (bound) to the phospholipids and peptides. This is the exact delivery system that is necessary to deliver the DHA and EPA into the cellular level. Because of this transport system, DHA and EPA are delivered to the cell in quantities 10 to 50 times greater than fish oils. **Vectomega** is not a fish oil. It is a phospholipid, peptide complex containing Omega-3 fatty acids, DHA and EPA. The following is an article by Dr. Stephen Coles, a physician, who routinely prescribes Vectomega to his patients.

Omega-3 FATTY ACIDS, PHOSPHOLIPIDS, AND VECTOMEGA—

Nature's First Whole Food Fish Oil Concentrate

There's a lot of good news these days about Omega-3 fatty acids. In fact, the news is so good that, as a physician, I think everyone ought to be taking advantage of the Omega-3s and incorporating much more of these good fats into their diets.

In addition, I've discovered Vectomega, the world's first whole food fish oil concentrate, which is arguable the most potent and fast-acting source of Omega-3 fatty acids today.

Three Amazing Heart Breakthroughs in One — by L. Stephen Coles, MD, PhD

Even many of my medically conservative colleagues—mainstream doctors at major hospital and university medical schools, as well as health experts within the American Heart Association—are expounding on the virtues of Omega-3 fatty acids to their patients, families, friends, and even the news media.

Most recently, the American Heart Association even altered its health heart dietary guidelines to recommend that rich in Omega-3 fatty acids be consumed at least twice a week. Unfortunately, almost all patients are sadly lacking in these essential nutrients when they make their visit to doctor's offices.

WHERE Omega-3 FATTY ACIDS COME FROM

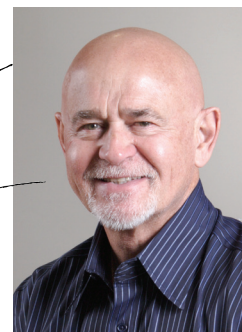
Omega-3 fatty acids have been traditionally supplied in the diet by wild cold-water ocean fish (herring, cod, salmon, mackerel, sardines, anchovies, black cod, and albacore tuna) whose original food source is at the bottom of the food chain in the form of phytoplankton.

Look for this formula at your local health food store:

Phospholipid Peptide Complex 292mg**
Containing Phospholipids, Omega-3 [DHA (docosahexaenoic) and EPA (eicosapentaenoic)] and hydrolyzed peptides extracted from Atlantic Salmon (*Salmo salar*), in a balanced ratio as found naturally in salmon; not chemically altered or spiked with DHA/EPA

If the tissues of ocean deep water fish did not contain such a large amount of Omega-3 fatty acids, they would become stiff and would not survive in the very cold water. Omega-3 fatty acids also keep cells supple and flexible in humans, helping to maintain joint suppleness

To your good health,
Terry... Naturally



and skin and blood vessel elasticity. Such supple, flexible cells are said to be signs of youth and also aid in the prevention of heart attacks, cancer, diabetes, and other serious health problems.

THE SUPERIOR FORMULA

In 2001, the French government, in conjunction with the National Interprofessional Office for Sea Products and Aquaculture, asked researchers throughout France to investigate potential uses of marine extracts and accessory catches. This governmental research project gave rise to the manufacturing process involved with the patented Vectomega® fish oil tablets, which extracts marine phospholipids (phospholipid-protein compounds) complexed with eicosapentanoic acid (EPA) and docosahexaenoic acid (DHA) from salmon heads, from the fishing industry located in Sweden and Scotland.

EuroPharma's Vectomega is the first nutritional supplement that carries the long chain polyunsaturated fatty acids, EPA and DHA, directly to tissues (such as the brain) with high metabolic requirements. This is because EPA and DHA are vectorized with naturally occurring marine phospholipids that aid in transporting the Omega-3s through cellular membranes directly to specific cellular targets, such as cardiac and neural cells.

More...

When in doubt, always consult your physician or health care practitioner. This column is to provide you with information to maintain your health.

Subscribe to a free weekly health newsletter at www.TerryTalksNutrition.com

www.TerryTalksNutrition.com

IS YOUR FISH OIL SUPPLEMENT

REALLY NATURAL?

Vectomega isn't like other products. Fish oils are generally extracted from small, cold-water pelagic fish, such as the sardine, anchovy, capelin, herring and menhaden, containing high proportions of EPA and DHA. The fish then undergo "cooking and pressing" steps, using a thermal treatment of the raw material at temperatures close to boiling and causing coagulation of the proteins. This concentration process requires large quantities of solvents and chemical products (soda, hexane and methanol) and generates a huge amount of toxic waste that needs to be reprocessed.

However, when fish oil is processed and refined using this method, this results in a random redistribution of fatty acids, generally increasing the amount of unsaturated fatty acids at the sn-1/sn-3 (terminal) positions of the carbon chain. In contrast, Vectomega uses a patented innovation, called vectorization, uses a gentle, cold-water and enzyme process avoiding heat, solvents, and chemical modifications that are utilized to process all other fish oils.

The enzyme vectorization of Vectomega has no effect on the oil's natural sn-2 carbon position. This is significant because when DHA or EPA fatty acids are attached to the glycerol in mid position (sn-2) the molecule is more stable, less prone to oxidation, and far better absorbed than those attached to the terminal position sn-1 or sn-3.

Omega-3 oil's sn-2 position is also significant in regard to bioabsorption. Clinical studies have shown that the composition and position of fatty acids affects both bioavailability and digestibility of fats and oils in infants as well as adults. For example, one study I reviewed has concluded that fatty acids from breast milk and formula milk with palmitic fatty acid in the sn-2 position were better absorbed than fat with sn-1,-3 palmitic acid from palm oil. The same holds for the all-important Omega-3s, too.

In fact, Vectomega's phospholipid vectorization has been clinically demonstrated to have

superior bioavailability compared to fish oils. Research has shown that because the marine phospholipids contain DHA and EPA in a specific and optimal location on the carbon chain, Vectomega is up to 50 times more absorbable via cell membranes.



HEALTH BENEFITS DIRECTLY ATTRIBUTED TO VECTOMEGA

What impresses me greatly about Vectomega is the experimental and clinical research that documents its potential benefits for Alzheimer's disease prevention and for maintaining normal healthy cholesterol and triglyceride levels. I especially like how Vectomega is shown to significantly raise levels of the good high-density lipoproteins (HDL) cholesterol.

In a recent in vitro study published in the Journal of Neurochemistry, researchers pre-treated rat neuronal cells with Vectomega's DHA for 48 hours before exposing these cells to soluble oligomers of amyloidbeta peptide, which are known to cause the neurodegeneration associated with Alzheimer's.

The study concluded that DHA pretreatment was observed to significantly increase neuronal survival upon amyloidbeta exposure by preventing cytoskeleton perturbations, caspase activation and apoptosis, as well as by promoting extracellular signal-related, kinase-related survival pathways. Such neuroprotective effects could be of major interest in the prevention of Alzheimer's and other neurodegenerative diseases.

As for cardiovascular health, in a human open clinical trial just concluded in Europe, 40 healthy subjects took two Vectomega tablets per day (providing 32.8 mg DHA and 10.4 mg of EPA per two tablets) without any modifications to diet or exercise habits. After 60 days, the subjects experienced a 16 percent decrease in triglycerides, a 10 percent decrease in total cholesterol, and a 13 percent increase in HDL levels.

In comparison, traditional fish oil studies that have obtained similar results to this Vectomega study in triglyceride and cholesterol results of the subjects used a range of 3.6 grams to 4 grams of fish oil per day (equaling approximately 3,400 mg per day of combined DHA and EPA).

THE DOCTOR'S PRESCRIPTION

EuroPharma's Vectomega is an innovation in Omega-3 supplementation that provides maximum absorption across cell membranes, reduced dose, and targeted cellular structures.

Vectomega is truly a revolution in Omega-3 supplementation. The patented French biotechnical innovations in processing ensure that the Omega-3 fatty acids, EPA and DHA, are in a sn-2 position and are vectorized with marine phospholipids, increasing bioavailability.

Two tablets (600 mg) of Vectomega are equal, says the company, to 16 capsules (7,200 mg) of standard fish oil. Research has shown that because the marine phospholipids contain DHA and EPA in a specific location on the carbon chain (sn-2 on the glycerol), Vectomega is up to 50 times more absorbable via cell membranes.

If it's time for you to begin supplementing with fish oils, Vectomega is the natural, healthy prescription I recommend.

SAFETY DATA:

Vectomega is a safe and pure product, which exceeds all government guideline levels for safety. Heavy metal analysis is conducted on every batch using ICP-MS method.

Heavy Metal Analysis

Arsenic (As)	Complies
Beryllium (Be)	Complies
Cadmium (Cd)	Complies
Lead (Pb)	Complies
Mercury (Hg)	Complies
Nickel (Ni)	Complies

Method: ICP-MS

TN