

Product Comparison Chart

	OmegAvail™ Synergy	OmegAvail™ TG1000	OmegAvail™ Hi-Po	OmegAvail™ Ultra	OmegAvail™ Ultra with D3, K1 & K2	OmegAvail™ Marine	OmegAvail™ Ultra DHA	OmegAvail™ Lemon Drop Smoothie	OmegAvail™ Liquid
	Unique omega-3-6-7-9 fatty acid formula offers balanced doses of EPA, DHA, GLA, palmitoleic acid, and oleic acid	High potency EPA/DHA in a single softgel for optimal compliance of therapeutic dosing	Highest potency EPA/DHA for most aggressive applications	High potency EPA/DHA for aggressive applications	Added D3, K1, K2 for cardiovascular & bone and immune support	Maintenance and general omega-3 dosing	High potency DHA formula for therapeutic DHA applications	High potency DHA/EPA formula with flexible dosing; ideal for children, the elderly & those who prefer not to swallow pills	Great for children and the elderly who prefer not to take pills, higher dosing is easy with liquids
Serving Size	2 Softgels	1 Softgel	2 Softgels	2 Softgels	2 Softgels	2 Softgels	1 Softgel	11 g (2 tsp.)	5ml (1 tsp.)
EPA (n-3)	270 mg	662 mg	1000 mg	600 mg	600 mg	320 mg	110 mg	1100 mg	725 mg
DHA (n-3)	180 mg	250 mg	500 mg	400 mg	400 mg	200 mg	500 mg	720 mg	450 mg
Other EFAs	645 mg	88 mg	—	200 mg	200 mg	80 mg	—	230 mg	180 mg
Vitamin D3	—	—	—	—	1000 IU	—	—	—	—
Vitamin K1/K2	—	—	—	—	500 mcg/25 mcg	—	—	—	—
Lipase	Yes	Yes	Yes	Yes	Yes	Yes	Yes	—	—

Essential Fatty Acid Formulas For Every Patient



To contact Designs for Health, please call us at (800) 847-8302, or visit us on the web at www.designsforhealth.com

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

The Impact of Fatty Acids

Fatty acids have a number of fundamental benefits for human health. They are vital for:

1. Cardiovascular health, including blood lipids, blood pressure, blood thinning, cardiac rhythm, and more
2. Antioxidant and anti-inflammatory activities
3. Balanced immune response
4. Healthy cell membranes, including the integrity of the skin, hair and nails
5. Neuronal development and function of the brain including memory and focus
6. Emotional health and mood stability
7. Protection against cancer and many other health problems

Certain fatty acids are classified as essential fatty acids (EFAs) because humans do not have the necessary enzymes to synthesize them and must obtain them from the diet. Alpha-linolenic acid, an omega-3 fatty acid, and linoleic acid, an omega-6 fatty acid, are considered essential in humans.

Omega-7 and omega-9 fatty acids are not classified as essential and yet provide significant health benefits. Omega-7 fatty acids naturally occur in the skin and may be derived from macadamia nut oil and sea buckthorn oil. Omega-9 fatty acids can be created by the body from unsaturated fat, and are therefore not essential in the diet, yet many individuals benefit from dietary intake of omega-9s.

Triglyceride Form (TruTG™)

Recent research has shown that fish oils in the triglyceride (TG) form have superior bioavailability compared to fish oils in the ethyl ester (EE) form. Studies have shown that:

- The TG form of fish oils was hydrolyzed by pancreatic lipase 12 to 15 times faster than the EE form¹
- The EE form was up to 50 times more resistant to pancreatic lipase¹
- Bioavailability of the TG form was superior (as measured by uptake of EPA and DHA into serum triglycerides, cholesterol esters, and phospholipids) compared to the EE form which demonstrated inferior bioavailability²
- The TG form led to a faster and higher increase in the omega-3 index when consumed as triglycerides than when consumed as ethyl esters³

For these reasons, all Designs for Health fish oil products are provided in the TG form and carry the TruTG™ seal, which guarantees a minimum 90% triglyceride-bound omega-3 fish oils, a level that is 40% - 50% higher than the industry standard for TG fish oil.

References

1. Lang, L-Y., A. Kuksis, and J. J. Myher. Lipolysis of menhaden oil triacylglycerols and the corresponding fatty acid alkyl esters by pancreatic lipase in vitro: a reexamination. *J. LipidRes.* 1990;31:137-148.
2. J. Dyerberg, P. Madsen, J.M. Møller, I. Aardestrup, E.B. Schmidt. Bioavailability of marine n-3 fatty acid formulations. *Prostaglandins, Leukotrienes and Essential Fatty Acids.* 2010;83:137-141.
3. Neubronner J, Schuchardt JP, Kressel G, Merkel M, von Schacky C, Hahn A. Enhanced increase of omega3 index in response to longterm n-3 fatty acid supplementation from triacylglycerides versus ethyl esters. *Eur J Clin Nutr.* 2011;65(2):247-54.



OmegAvail™ Ultra with Vitamin D3, K1, &K2

This is a breakthrough fish oil product that contains the same high potency omega-3 oil found in our OmegAvail™ Ultra softgel, with the enhanced benefit of the fat soluble vitamins D and K, plus lipase for enhanced digestion and absorption.

Recommended Use: As a dietary supplement, take two softgels per day with meals, or as directed by your health care practitioner.

Serving Size: 2 softgels

Calories	20
Calories from Fat	20
Total Fat	2 g
Cholesterol	5 mg
Vitamin D (as Cholecalciferol)	1000 IU
Vitamin K	525 mcg
(as Vitamin K1 Phytonadione 500 mcg; Vitamin K2 Menaqui none-7 25 mcg)	
Omega-3 Fatty Acids	
EPA (Eicosapentaenoic Acid)	600 mg
DHA (Docosahexaenoic Acid)	400 mg
Other Omega-3 fatty acids	200 mg

Softgel Ingredients: Bovine gelatin, glycerine, deionized water.

• OAD120 | 120 capsules



XanthOmega™ Krill Oil

XanthOmega™ Krill Oil provides a generous 12 mg per serving of the powerful antioxidant and carotenoid astaxanthin. Studies suggest that astaxanthin has a wide range of actions and benefits, including powerful antioxidant properties, cardiovascular health, sports performance, eye support, skin health, anti-inflammatory and gastric health support. It also has a higher phospholipid bioavailability and content, standardized to a minimum of 40% phospholipids, mostly as phosphatidylcholine which enhances the absorption of astaxanthin.

XanthOmega™ Krill Oil is ideal for all age groups. Because the softgels are softgels are small and very easy to swallow, this product should be considered for all children, and those in need of skin support, especially who need help with healthy cognition, mood, and behavior.

Note: Individuals allergic to shellfish should avoid this product.

Recommended Use: As a dietary supplement, take two softgels per day with meals, or as directed by your health care practitioner.

Serving Size: 2 softgels

Calories	10
Calories from Fat	10
Total Fat	1 g
Krill Oil (<i>Euphausia superba</i>)	880 mg
Phospholipids	352 mg
Omega-3 Fatty Acids	
EPA (Eicosapentaenoic Acid)	80 mg
DHA (Docosahexaenoic Acid)	44 mg
AstaREAL® Natural Astaxanthin	12 mg
(from <i>Haematococcus pluvialis</i> algae extract)	

Other Ingredients: Natural lemon flavor, lipase, mixed tocopherols; bovine gelatin, glycerine, water, annatto (natural color)(softgel ingredients).

- XOS060 | 60 capsules
- XOS120 | 120 capsules



GLA 240

GLA 240 mg softgels supply gamma linolenic acid from the oil of borage seeds. GLA is essential for smooth and healthy skin and female hormonal balance, making it ideal for menopausal and post-menopausal women. GLA should be considered for skin health (along with fish oils), and when the DFH metabolic profile shows a lack of GLA.

Recommended Use: As a dietary supplement, take one softgel per day with a meal, or as directed by your health care practitioner.

Serving Size: 1 softgel

Calories	10
Calories from Fat	10
Total Fat	1 g
GLA (Gamma-Linolenic Acid) (from Borage Oil) (<i>Borago officinalis</i>)(seed)	240 mg

Other Ingredients: Gelatin, vegetable glycerine, purified water (includes softgel ingredients).

- GLA060 | 60 softgels





OmegAvail™ Hi-Po

OmegAvail™ Hi-Po provides high levels of omega-3 oils in each serving – a potent 1400mg of EPA/DHA. The oils are in the TruTG™ form and lipase has been added as a digestive aid.

Recommended Use: As a dietary supplement, take two softgels per day with meals, or as directed by your health care practitioner.

Serving Size: 2 softgels

Calories	20
Calories from Fat	20
Total Fat	2 g
Cholesterol	10 mg
Omega-3 Fatty Acids	
EPA (Eicosapentaenoic Acid)	1000 mg
DHA (Docosahexaenoic Acid)	500 mg

Other Ingredients: Natural lemon flavor, lipase, mixed tocopherols, gelatin, glycerine, water, annatto (natural color) (softgel ingredients).

• OP0060 | 60 softgels



OmegAvail™ Liquid

This pleasant-tasting, lemon-flavored liquid is a viable option for patients who prefer to swallow fewer capsules and for those requiring high doses of EPA and DHA.

Recommended Use: As a dietary supplement, take 5 mL (approx. one teaspoon) per day with a meal, or as directed by health care practitioner.

Serving Size: 5 mL (approx. one teaspoon)

Calories	45
Calories from Fat	45
Total Fat	5 g
Cholesterol	30 mg
Omega-3 Fatty Acids	
EPA (Eicosapentaenoic Acid)	725 mg
DHA (Docosahexaenoic Acid)	450 mg
Other Omega-3 Fatty Acids	180 mg

Other Ingredients: Natural lemon flavor, natural tocopherols.

• OAM80Z | 8 oz (240 mL)



OmegAvail™ Ultra DHA

OmegAvail™ Ultra DHA contains highly concentrated DHA (docosahexaenoic acid) from fish oil in its natural TG (triglyceride) form. Each softgel provides 500 mg DHA + 110 mg EPA for optimal DHA status. DHA is not technically an essential fatty acid since the human body can synthesize small amounts of it from its short chain omega-3 precursor ALA (alpha linolenic acid). However, there is ample evidence which shows that in order to support optimal health, additional DHA along with EPA (eicosapentaenoic acid) should be obtained from the diet and/or nutritional supplements.

DHA is a structural molecule in all cell membranes. Studies show that it offers its own unique benefits, such as promoting optimal brain formation and function, making it beneficial for people all ages, including pregnant and breastfeeding moms. DHA is also essential for maintaining eye health as it is a vital component of the macula and retinal epithelium.

Recommended Use: As a dietary supplement, take one softgel per day with a meal, or as directed by your health care practitioner.

Serving Size: 1 softgel

Calories	10
Total Fat	10
Cholesterol	20 mg
Omega-3 Fatty Acids	
EPA (Eicosapentaenoic Acid)	110 mg
DHA (Docosahexaenoic Acid)	500 mg

Other Ingredients: Natural lemon flavor, lipase, mixed tocopherols; bovine gelatin, glycerine, water, annatto (natural color) (softgel ingredients).

• ODH60 | 60 softgels



Why TruTG™ fish oils?

- Superior absorption and bioavailability
 - Up to 100% more bioavailable than the ethyl ester (EE) form
 - Easier to assimilate for patients with impaired digestion and absorption
- More stable
 - Less prone to oxidation or rancidity
 - Less prone to production of free radicals
- It is the naturally occurring form
 - The form we consume when we eat fish
 - The form in which beneficial fats are stored in the body

Converting Ethyl Esters to Triglycerides - a Path Less Followed

The vast majority of fish oil concentrate products available on the market today are ethyl esters (EE). That's the form in which the fish oils are processed, increasing their concentration of EPA and DHA.

To return the oils to their natural form and thereby increase bioavailability, some companies convert their fish oils back to the TG form. But very few take that extra step. Why? Not surprisingly, the reason is cost; an additional step is required to convert EEs back into their natural triglyceride (TG) state. This added process removes the ethanol backbone and re-esterifies the omega-3 fatty acids to a glycerol backbone. However, industry standard only requires a product to be 60% TG to state on the label that a product is in the TG form. So, even among companies that choose to take this extra step, most minimize the expense by converting just 60–65% of the oil to TG...leaving the rest as a mixture of EE, and mono and diglyceride oil.

Designs for Health fish oil products are 90 to 100% triglyceride (TG) bound omega-3 fish oils, which are 40%- 50% higher than the industry standard. Unmatched in TG potency, our products carry the TruTG™ seal – your assurance that our fish oils are delivered in the form found in nature, consistent with Paleolithic nutritional philosophy.

Added Lipase – An Extra Step to Make EFA's Better Tolerated and More Bioavailable

Impaired fat digestion and absorption is not uncommon, with many patients complaining of burping or indigestion when they take fish oil. To ensure bioavailability, even in those with poor fat digestion, Designs for Health has added the fat digesting enzyme lipase to most of its EFA/fish oil formulations. To find the formulas containing lipase, look for it in the "Other Ingredients" list.

**Make sure your patients get the benefits they expect from their fish oils.
Make sure they get Designs for Health TruTG™ fish oil products.**



OmegAvail™ Synergy

This unique and comprehensive omega 3-6-7-9 formulation includes a blend of extremely pure, deep-sea sourced, molecularly distilled fish oils that contain:

Omega-3 fatty acids

- Eicosapentaenoic acid (EPA) – known for its benefits in supporting a healthy brain, balanced emotions, skin health, maintenance of normal cholesterol levels, and modulation of the inflammatory response
- Docosahexaenoic acid (DHA) – supports proper brain development and function, visual acuity, maintenance of normal triglyceride levels and blood pressure, eye development and a healthy pregnancy in expectant moms

Omega-6 fatty acids

- Gamma Linolenic Acid (GLA) from the oil of borage seeds – the most important omega-6; essential for smooth and healthy skin and female hormonal balance

Omega 7 and 9 fatty acids

- Steriodonic acid (omega-7) and oleic acid (omega-9) from virgin organic macadamia nut oil – these oils are touted for their health benefits on hair, skin and nails, the immune system, triglyceride levels and blood sugar. For instance, omega-7 fatty acids combat wrinkling of the skin, dryness and loss of elasticity. Research has also shown that they not only support healthy triglyceride levels, but also aid in managing fatty liver, maintaining healthy HDL cholesterol levels, and enhancing cellular ability to take in blood sugar.

Recommended Use: As a dietary supplement, take two softgels per day with meals, or as directed by your health care practitioner.

Serving Size: 2 softgels

Calories	20
Calories from Fat	20
Total Fat	2 g
Cholesterol	<i>less than 5 mg</i>
Omega-3 Fatty Acids	
EPA (Eicosapentaenoic Acid)	270 mg
DHA (Docosahexaenoic Acid)	180 mg
Omega-6 Fatty Acids	
GLA (Gamma Linolenic Acid)(from borage oil)	160 mg
Omega-7 Fatty Acids	
Palmitoleic Acid (from virgin organic macadamia nut oil)	85 mg
Omega-9 Fatty Acids	
Oleic Acid (from virgin organic macadamia nut oil)	400 mg

Other Ingredients: Natural lemon flavor, lipase, mixed tocopherols; bovine gelatin, glycerine, water, annatto as natural color (softgel ingredients).

- OVS060 | 60 softgels
- OVS120 | 120 softgels



OmegAvail™ Marine

OmegAvail™ Marine is an ideal fish oil product for maintenance and general omega-3 dosing, along with lipase for enhanced digestion and absorption.

Recommended Use: As a dietary supplement, take two softgels per day with meals, or as directed by your health care practitioner.

Serving Size: 2 softgels

Calories	20
Calories from Fat	20
Total Fat	2 g
Cholesterol	10 mg
Omega-3 Fatty Acids	
EPA (Eicosapentaenoic Acid)	320 mg
DHA (Docosahexaenoic Acid)	200 mg
Other Omega-3 fatty acids	80 mg

Other Ingredients: Natural lemon flavor, mixed tocopherols, lipase; bovine gelatin, glycerine, water, annatto (natural color) (softgel ingredients).

- OAL120 | 120 softgels



OmegAvail™ Lemon Drop Smoothie

Each 2 teaspoon serving is packed with 1100mg of EPA and 720mg DHA (a total of 1820mg) and is manufactured using a proprietary emulsification technology that significantly reduces the size of fish oil molecules, resulting in enhanced absorption. This formula tastes great, and is ideal for children and people of all ages who prefer not to swallow softgels.

Recommended Use: As a dietary supplement, take 11 grams (approx. 2 teaspoons) per day with food, or as directed by your health care practitioner. Can be taken alone or mixed in yogurt, juice or other beverages.

Serving Size: 11 grams (approx. 2 teaspoons)

Calories	45
Calories from Fat	30
Total Fat	3.5 g
Polyunsaturated Fat	2.5 g
Cholesterol	10 mg
Total Carbohydrate	4 g
Omega-3 Fatty Acids	
EPA (Eicosapentaenoic Acid)	1100 mg
DHA (Docosahexaenoic Acid)	720 mg
Other Omega-3 fatty acids	230 mg

Other Ingredients: Fish oil (Alaska pollock), water, xylitol, glycerine, gum arabic, natural flavors, citric acid, xanthan gum, guar gum, potassium sorbate, turmeric (for color), vitamin E (as d-alpha tocopherol) and ascorbyl palmitate.

- OAS16Z | 16 oz (454 g)



HIGH POTENCY



OmegAvail™ Ultra

OmegAvail™ Ultra provides higher levels of omega-3 fatty acids per serving than OmegAvail™ Synergy. In addition, the product is enhanced with the digestive aid lipase.

Recommended Use: As a dietary supplement, take two softgels per day with meals, or as directed by your health care practitioner.

Serving Size: 2 softgels

Calories	20
Calories from Fat	20
Total Fat	2 g
Cholesterol	5 mg
Vitamin D (as Cholecalciferol)	1000 IU
Vitamin K	525 mcg
(as Vitamin K1 Phytanadione 500 mcg;	
Vitamin K2 Menaquinone-7 25 mcg)	
Omega-3 Fatty Acids	
EPA (Eicosapentaenoic Acid)	600 mg
DHA (Docosahexaenoic Acid)	400 mg
Other Omega-3 fatty acids	200 mg

Other Ingredients: Natural lemon flavor, lipase, mixed tocopherols; bovine gelatin, glycerine, water, annatto (natural color)(softgel ingredients).

- OAD120 | 120 softgels



OmegAvail™ TG1000

OmegAvail™ TG1000 is a highly potent, non-GMO fish oil, containing an impressive 1,000 mg omega-3 oils per softgel, making it an ideal choice for therapeutic dosing. Each softgel contains 662mg EPA and 250mg DHA, along with other omega-3 fatty acids. As with all Designs for Health fish oil products,

OmegAvail™ TG1000 contains the triglyceride (TG) form for superior absorption and bioavailability.

Recommended Use: As a dietary supplement, take one softgel per day, or as directed by your health care practitioner.

Serving Size: 1 softgel

Calories	10
Calories from Fat	10
Total Fat	1 g
Fish Oil Concentrate (TG)	1.25 mg
Omega-3 Fatty Acids	1 g
EPA (Eicosapentaenoic Acid)	662 mg
DHA (Docosahexaenoic Acid)	260 mg

Other Ingredients: Natural lemon flavor, lipase, mixed tocopherols; bovine gelatin, glycerine, water, annatto (natural color) (softgel ingredients).

- OV1000 | 60 softgels

