

**VIVOTM
MEGA**

**IMMUNE
HEALTH**

INFECTION & DISEASE

The immune system protects the body against infection and disease. EPA and DHA are essentially important for the immune system development

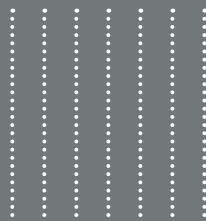
ANTI-INFLAMMATORY & INFLAMMATION RESOLVING

New research has discovered that EPA and DHA give rise to specialized pro-resolving mediators (SPM's) which are both anti-inflammatory and inflammation resolving

OIL RICH IN DHA & EPA

may in particular enhance the function of white blood cells known as immune B cells

**OMEGA-3 SUPPLEMENTATION
MAY AID THE IMMUNE SYSTEM
BY LOWERING INFLAMMATION
& ENHANCING THE FUNCTION
OF IMMUNE CELLS**



IMMUNE HEALTH continued

OUR IMMUNE SYSTEM

The immune system protects the body against infection and disease. It is a complex system of organs, tissues, and white blood cells located throughout the body. The immune system recognizes foreign invaders (e.g. bacteria, viruses, fungi) and abnormal cells and distinguish them from the body's healthy cells. Autoimmune diseases happens when the body mounts an immune response against its own tissues instead of a foreign invader. Allergies occur when an individual's immune system reacts to substances in the environment that are not harmful and tolerated by most people.

Long-chain polyunsaturated fatty acids such as omega-6 and omega-3 form the framework of cell membranes and exert major alternations on both the innate and adaptive immune system. The effect of long-chain fatty acids on the immune system in health and in diseases, especially those caused by excessive inflammatory response is well documented. Omega-6 is known to induce pro-inflammatory response, while omega-3 fatty acids EPA & DHA produce substances that can favourably regulate inflammation. Newer research has also discovered that EPA and DHA give rise to specialized pro-resolving mediators (SPM's) which are both anti-inflammatory and inflammation resolving.

RDI

EPA and DHA are under consumed in the Western World and there is a growing evidence that increasing the consumption of these fatty acids to decrease the omega-6 to omega-3 fatty acid ratio has potential health benefits for a range of inflammatory and autoimmune diseases. Health authorities recommend intakes for EPA + DHA ranging from 250 to 1000 mg/day for adults and from 40 to 250 mg/day for infants older than six months and for children and adolescents. Omega-3 fatty acids are considered GRAS and safe up to 3 and 5 gram per day by FDA and EFSA respectively.

References:

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SUGGESTED PRODUCTS

	EPA mg/g	DHA mg/g	TOTAL n3
VIVOMEGA PLATINUM*			
4535 TG Premium	450	350	850
VIVOMEGA ULTRA*			
4030 TG Premium	400	300	750
VIVOMEGA CORE*			
3624 TG 60	360	240	620

* NORWEGIAN SUPERIOR QUALITY OMEGA-3 FISH OIL CONCENTRATES
 ALL PRODUCTS ALSO AVAILABLE IN EE FORMAT



Disclaimer:

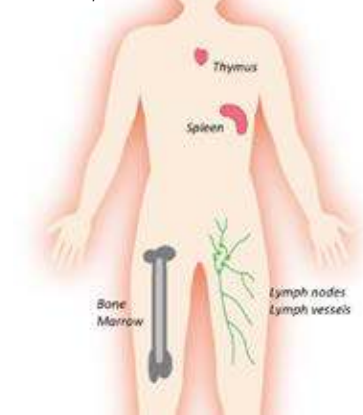
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3 LINES OF DEFENCE

1/.

BARRIERS - PREVENT ENTRY

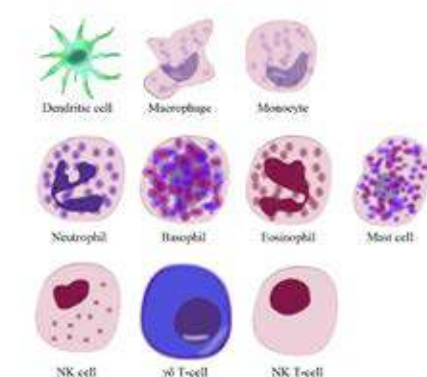
Skin and mucus membranes, stomach acid and digestive enzymes, beneficial bacteria that live in the colon, urine flow.



2 //.

INNATE IMMUNITY - GENERAL DEFENCE

WBCs called neutrophils and macrophages engulf and destroy foreign invaders and damaged cells.



3 ///.

ADAPTIVE IMMUNITY - SPECIFIC DEFENCE

WBCs called T-lymphocytes (T-cells) target and destroy infected cells; WBCs called lymphocytes (B-cells) and plasma cells produce antibodies that target and destroy infected cells.



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