



# Omega Pure



## Benefits

The ingredients in Omega Pure have been clinically proven to:

- Reduce systemic inflammation
- Support normal immune function
- Provide essential EPA and DHA

## How to Use

Take one (1) softgel two (2) times daily with food.

## Omega 3 Fats

Omega Pure contains pure fish oil from Icelandic anchovies. It is free of GMO products. Each batch is certified to be free of PCBs, heavy metals, solvents, and dioxins.

Essential fatty acids include linoleic acid (omega 6) and alpha linolenic acid (omega 3).

Alpha linolenic acid is biologically active in its native form and it is also a substrate for the conditionally essential fats eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Collectively, these are known as omega 3 fats.

Omega 3 fats have been documented to have multiple beneficial effects including the formation of anti-inflammatory eicosanoids,<sup>1</sup> the reduction of lipid levels, the improvement of cell membrane function, and improved cell to cell signaling.<sup>2</sup>

## TSF Ingredient Selection

In constructing Thyroid Specific Formulations, all ingredients considered must share the following properties.

## Thyroid Safety

All considered ingredients must be natural compounds that have been safely consumed by humans for centuries. They must be generally recognized as safe (GRAS) by toxicologists. Finally, they must not contain unsafe levels of iodine.

## Evidence and Efficacy

All considered ingredients must have high-quality evidence proving their efficacy.

The best quality evidence is that which demonstrates significant positive outcomes on human subjects in multiple double-blinded controlled studies. These human subjects and the outcomes should be clinically relevant to the product's end-users.

## Ingredients

Following is a complete discussion of the active ingredients. It includes their relevance to thyroid disease, mechanisms of action, and a review of supportive research.

### Fish Oil: EPA and DHA

Human studies have shown that omega 3 consumption lowers the risk of autoimmune thyroid disease.

In a study of 1887 participants, the types of food consumed was compared with the prevalence of thyroid autoantibodies. The type of food most correlated with negative thyroid antibodies was those high in omega 3 fats.<sup>3</sup>

Dietary EPA and DHA can be helpful for those with thyroid disease, but the concern is that many of these foods contain unsafe amounts of iodine.<sup>4</sup>

Fish oil products can vary in their iodine content. Those with over 10 mcg of iodine per serving can lead to levels of iodine unsafe for those with thyroid disease.

## Does Not Contain

- Caffeine
- Stimulants
- Thyroid hormones
- Iodine
- GMO
- Gluten
- Dairy

## Supplement Facts

Serving Size 1 Softgel  
Servings Per Container 60

Amount Per 1 Softgel		%DV
Omega-3 Fatty Acids (from fish oil)	1000mg	†
EPA (Eicoapentaenoic Acid)	360mg	†
DHA(Docosahexaenoic Acid)	240mg	†

† Daily Value not established  
\* Daily Values based on a 2,000 calorie diet.

## Cautions

### Timing

- TSF Supplements must be taken at least an hour after thyroid replacement medication.

## Dosage Modification

- Those taking TSF supplements while on thyroid replacement medication (hypothyroidism, Hashimoto's) or thyroid suppression therapy (Graves' Disease) are advised to monitor thyroid levels closely. When thyroid antibodies reduce, some need decreases or other adjustments made to their medication.

## Medication Interactions

- Interactions can occur with many nutraceutical ingredients and prescription medications. If you are on prescription medication, please check with your doctor or pharmacist for specific guidance.

## Allergy Warning

- TSF products are contraindicated in individuals with a history of hypersensitivity to any of its ingredients.

## Pregnancy Warning

- If pregnant, nursing, an organ transplant recipient, or have multiple sclerosis, do not use TSF Products unless on the advice of and under the direct supervision of a health professional.

## Side Effects

### Fish Oil

- Side effects for fish oil have been reported at high doses and can include nasal bleeding, heartburn, and loose stools.

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## References

1. Endogenous conversion of n-6 to n-3 polyunsaturated fatty acids attenuates K/BxN serum-transfer arthritis in fat-1 mice. Woo SJ, Lim K, Park SY, Jung MY, Lim HS, Jeon MG, Lee SI, Park BH J Nutr Biochem. 2015 Jul; 26(7):713-20.
2. Benvenega S, Ferrari SM, Elia G, et al. Nutraceuticals in Thyroidology: A Review of in Vitro, and in Vivo Animal Studies. Nutrients. 2020;12(5):1337. Published 2020 May 8. doi:10.3390/nu12051337
3. Matana A, Torlak V, Brdar D, et al. Dietary Factors Associated with Plasma Thyroid Peroxidase and Thyroglobulin Antibodies. Nutrients. 2017;9(11):1186. Published 2017 Oct 28. doi:10.3390/nu9111186
4. Iodine - Consumer. <https://ods.od.nih.gov/factsheets/Iodine-Consumer/>. Accessed May 28, 2021.

