

PROTOFACTS



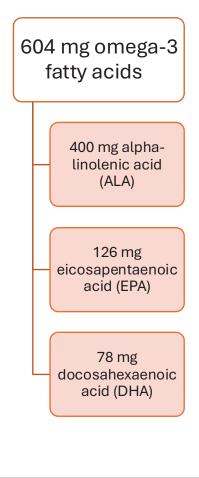
Protocol is proud to introduce Super Omega 3-6-9, a nutritional oil blend of fish oil concentrate, borage oil, and organic flax seed oil.

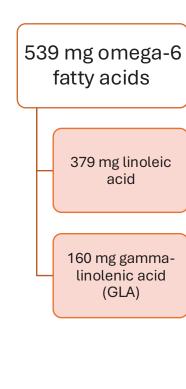


Key Ingredients

- · 800 mg fish oil concentrate
- 800 mg borage seed oil
- 800 mg organic flax seed oil

Fatty acids profile, 1 serving = 2 softgels:





225 mg omega-9 fatty acids as oleic acid



Omega-3, Omega-6 and **Omega-9 Fatty Acids for** Cardiovascular Health*

In a randomized, double-blind, placebo-controlled study enrolling 60 healthy overweight men (18-26 y.o.) supplementation with 2.4 g/d of an omega 3-6-9 **supplement** in combination with resistance training for 12 weeks resulted in a significant reduction in plasma E-selectin levels vs. baseline.^{†*}

- E-selectin is a cell-surface glycoprotein of the selectin family endogenously produced by cytokines such as C-reactive protein (CRP) after stimulation of endothelial cells.
- E-selectin mediates the binding of circulating leukocytes to the endothelium wall. E-selectin plasma levels are used in experimental
- settings as molecular markers of cardiovascular health.

†(non significant (ns) vs. placebo, ns vs. supplementation alone, ns vs. placebo + exercise).

At Protocol For Life Balance®, we believe in offering products with the best ingredients at clinically relevant dosages. Our Super Omega 3-6-9 is a balanced blend of omega-3, omega-6, and omega-9 fatty acids that could, when combined with resistance exercise, support normal immune function related to vascular health.*



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Ahmadi Dehrashid K, Siahkohian M, Ahmadi S, Bolboli L. The Effects of Two Different Types of Resistance Training Exercise Plus Omega-3-6-9 Supplement on E-selectin and ICAM-1 Adhesion Molecules in Young Overweight Men. Journal of Research & Health. 2019; 9(7):554-561. http://dx.doi.org/10.32598/JRH.534.3