

ESSENTIAL CRITERIA IN CHOOSING A NUTRITIONAL SUPPLEMENT RICH IN OMEGA 3

**Laboratoires
Le Stum**



ESSENTIAL CRITERIA

ADVANTAGES OF VECTOMEGA®

A - Choose the right biochemical family:

- 1 - Phospholipids
- 2 – Ethyl Esters
- 3 - Triacylglycerols
- 4 – Free fatty acids



Made of marine phospholipids
(Vectorized Omega 3).

B - Choose an extraction method respecting compounds and their natural proportions without adding anything.



Benefits from a patented process that does not require the use of solvent or high temperatures.

C – Look for safety of use.



Proof of non toxicity.
Dioxine, PCB and mercury levels < standard USA, EU, Canada.

D - Have proof of its effectiveness.



Comparative *in vitro* vs. TG study.
Study showing neuronal vitality.

E – Observe the cellular physiology (doses used and product metabolisation).



Cell usage of EPA and formation of DPA.
Simultaneous $\omega 3$, $\omega 6$ and $\omega 9$ intake in the right proportions.

F - Look for quick action.



First effects felt within 72 hours on average.

G - Favour galenicals which are easier to take.



Blister-packed tablets:
- easy to transport and long shelf life.
- 2 tabs a day
- Can be crushed and dissolved.

H - Look for body fat tolerance (avoiding reflux, after-taste, lipid leakage, diarrhoea).



From its high PL peptide content:
high tolerance, no disorders.
Observes physiological requirements.

I – Make long term treatment possible (immunitary or inflammatory problems).



No risk of overdosage.
Low cost

COMPARATIVE TABLE OF NUTRITIONAL SUPPLEMENTS RICH IN OMEGA 3

<i>Biochemical family</i>	<i>Triglycerides or Triacylglycerols (TG)</i>	<i>Ethyl Esters (EE)</i>	<i>Phospholipids (PL) VECTOMEGA®</i>
Natural resistance to oxidation	Poor Systematic addition of α -tocopherol)	Average (addition of α -tocopherol)	Excellent (no addition)
Capacity as a ω3 carrier to the tissues (<i>in vitro</i> study)	☀	☀☀	☀☀☀☀☀ (<i>in vitro</i> study)
Speed of membrane integration	☀	☀☀	☀☀☀☀☀ (<i>in vitro</i> study)
Source fish	Menhaden, salmon, mackerel, capelin, sardines, anchovies, etc. Pelagic fish (that follow plankton).	Small pelagics	Atlantic salmon
Parts of the fish used	Skin, entrails, by-products of filleting, whole fish that cannot be used in the canning industry.	Ditto	Salmon heads
Manufacturing process	Cooking and pressing, enrichment in ω3 through mixing of oils (Standardization), extraction of purified fractions using solvents .	Food chemistry industry Modification of the structure of the glycerol. Division of the natural fatty acids. Chemical reesterification (ethanol action).	At low temperature without solvent or alcohol.
ω3 concentrations obtained in lipids	Unenriched oil (natural composition) 20-30% ω 3, 13-18% EPA, 8-12% DHA Standardized oil (mixture of oils) 30-40% ω 3, 18% EPA, 12% DHA Enriched oil $\geq 40\%$ ω 3, $\geq 18\%$ EPA, $\geq 12\%$ DHA	Up to 90% ω3! > 50% EPA > 30% DHA Chemical body Metabolized in free fatty acids (FFA) Low bioavailability.	50% ω 3 in PLs 32% DHA 8% EPA Natural distribution and quantity of ω3 contained in salmon heads.

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Strictly for practitioners