

STRUCTURE / FUNCTION CLAIMS

NUTRIENT: Fish Oil

DATE: December 9, 1996
Document Name: sf01fish.wpd

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PRODUCT: Fred Meyer EPA Fish Oil (100sg)

NUTRIENT AMOUNT: 1000 mg per serving (one softgel)

STRUCTURE/FUNCTION CLAIM:

Fish oil contains EPA, an essential fat. EPA is a precursor for important compounds made by all cells called prostaglandins. Roles for prostaglandins include regulation of inflammation and blood clotting. EPA is also needed for proper brain and eye development during growth.

REFERENCES:

1. Linscheer, W.G., and A.J. Vergroesen, Lipids, in *Modern Nutrition in Health and Disease*, 8th ed., Shils, M.E., J.A. Olson, M. Shike, Eds., Lea & Febiger, Philadelphia, 1994, 47-88.
2. Chow, C.K., Ed., *Fatty Acids in Foods and Their Health Implications*, Marcel Dekker, New York, 1992.
3. Simopoulos, A.P., R.R. Kifer, R.E. Martin, and S.M. Barlow, Eds., *Health Effects of ω 3 Polyunsaturated Fatty Acids in Seafoods*, *World Rev Nutr Diet*, 1991, 66, 1-572

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