



Case Studies

1

CLINICAL STUDY ON POST EXERCISE SYSTEMATIC INFLAMMATION

A 2016 clinical trial of athletes found those that were supplemented with Omega-3, showed a reduction in increases of inflammatory compounds (IL-2) post exercise.

2

CLINICAL STUDY ON CARDIOVASCULAR

Due to this intense physical strain, athletes typically become more prone to upper respiratory tract infections, which can lead to significantly stunted short and long term performance outcomes.

3

CLINICAL STUDY ON POST EXERCISE FATIGUE

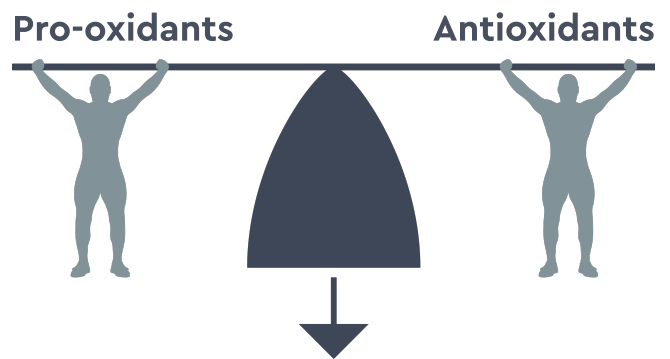
Results indicated that omega-3 supplementation twice daily helped reduce muscle soreness and supported in the maintenance of muscle function following exercise-induced muscle damage.

Companion Therapy

ULTRA OMEGA Joint Freedom

- MOTION ARMOUR Joint Longevity
- GCM COMPLEX Joint Freedom

Balance is restored as pro-oxidant levels are reduced:



Reduction in oxidative stress and inflammation

Exercise Recovery Studies -Human

Study Title

Study Summary

Biswas S.K. Does the interdependence between oxidative stress and inflammation explain the antioxidant paradox? Med. Cell Longev. 2016

Does the interdependence between oxidative stress and inflammation explain the antioxidant paradox?

In the group of athletes that were supplemented with Omega-3, it was shown that there was reduction in increases of inflammatory compounds post exercise.

Škrgat S., Korošec P., Kern I., Šilar M., Šelb J., Fležar M., Marčun R. Systemic and airway oxidative stress in competitive swimmers. Respir. Med. 2018;137:129-133.

Systemic and airway oxidative stress in competitive swimmers.

Due to this intense physical strain, athletes typically become more prone to upper respiratory tract infections, which can lead to significantly stunted short and long term performance outcomes.

Black K.E. Et al. Adding omega-3 fatty acids to a protein-based supplement during pre-season training results in reduced muscle soreness.... Eur. J. Sport Sci. 2018;18:1357-1367

Adding omega-3 fatty acids to a protein-based supplement during pre-season training results in reduced muscle soreness and the better maintenance of explosive power in professional Rugby Union players.

Results indicated that omega-3 supplementation twice daily helped reduce muscle soreness and supported in the maintenance of muscle function following exercise-induced muscle damage.