

# Plant-powered omega-3s + SPMs



*I'm excited to share good news for our vegetarian listeners and subscribers: No longer do you have to sacrifice the benefits of fish oil if you prefer to take plant-based alternatives. Vital Nutrients has come up with a solution that retains the health advantages of fish-derived Omega-3s, while delivering ultra-potent SPMs (specialized pro-resolving mediators).*

*–Dr. Ronald Hoffman*

*This article contains content from one of our trusted sponsors.*

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It's no secret that omega-3 fatty acids support healthy levels of inflammation, and cardiovascular and brain health.\* Yet, if you don't eat fish (or are sick of the dreaded "fish burps"), it has been challenging to find a high-quality omega-3 supplement... until now.

**Vital Nutrients** is a well-known authority in the dietary supplement industry, producing clean and bioavailable supplements for over 30 years. Again, they are revolutionizing healthcare with the first 100% vegan omega-3 supplement containing

SPMs.\*

## What are SPMs?

**Specialized Pro-Resolving Mediators** or **SPMs** (also known as resolvins) are metabolites of omega-3 fatty acids. Emerging research suggests they are the most active component of omega-3. SPMs may be primarily responsible for fish oil's reputation of moderating pain and inflammation in the body.<sup>1,2\*</sup>

DHA and EPA (the primary omega-3s found in fish oil) do not act alone. SPMs work with these omega fats to provide up to 5X more biological activity compared to traditional omega-3 supplements.<sup>3</sup> More activity translates to better brain, cardiovascular, and immune system support.\*

## What is DPA?

**DPA (docosapentaenoic acid)** is a lesser-known omega fatty acid that has garnered recent attention. As the third most prevalent omega fatty acid in fish oil, DPA also plays an essential role in how your body uses EPA and DHA. While the body can interconvert these three omega fats, each is required for optimal human health.\*

It is thought that DPA acts as storage for EPA, DHA, and other long-chain omega fats. From this reservoir, the body can convert DPA into the form of fatty acid needed.<sup>4</sup> Research into this novel omega realizes its importance for healthy aging and cardiovascular health.<sup>5,6\*</sup>

## The Problem with Most SPM Supplements

Veganism in the United States has increased by more than 500% since 2014.<sup>7</sup> More people than ever seek a vegan-friendly omega-3 supplement.

Unfortunately, most SPM and DPA supplements are derived from fish. Until recently, non-fish eaters have had no option for supplementation.

Omega supplements can also come with compliance issues for some patients. They may struggle to swallow large capsules or experience the dreaded "fish burps."

## What's the Solution?

**Ultra Pure Vegan Omega SPM+** by *Vital Nutrients* is a 100% vegan SPM product containing triglyceride forms of DPA and DHA. It is the first and only plant-based SPM product on the market with clinically relevant levels of active SPMs.\*

- **Nutrient-Dense:** Each serving delivers 975 mg of plant-based algal oil concentrate. Three mini softgels provide 400 mg of omega-3s, including 75 mg of DPA and 1% DHA/DPA-derived SPMs.
- **Clean:** Derived from sustainably-sourced, non-GMO algae. Astaxanthin provides

antioxidant protection for fragile omega-3 fatty acids.\*

- **5X More Potent:** SPMs specific to DHA and DPA offer biological activity up to 5X greater than traditional omega-3 supplements.<sup>3\*</sup>
- **Patient-Approved:** Say goodbye to fish oil odors, burps, and reflux thanks to algae-derived omega-3!
- **40% Smaller:** Many vegan omega-3 supplements are still the same size as traditional fish oil capsules. For those who struggle to swallow large capsules, **Ultra Pure Vegan Omega SPM+** comes in mini softgels. They are 40% smaller than traditional fish oil supplements to enhance experience and compliance.\*
- **Triglyceride Form:** Many fish oils are in the inferior ethyl ester form. This recent addition to the human diet has lower bioavailability and is not well absorbed compared to fish oils in the triglyceride form.<sup>8</sup> **Ultra Pure Vegan Omega SPM+** contains a triglyceride form of DHA and DPA for optimal absorption and tolerance.\*
- **Clean & Free From:** GMOs, heavy metals, pesticides, solvents, gluten, dairy, soy, egg, tree nut, peanut, sugar, artificial flavors or colors, coatings, or binders.
- **Plant-Power:** Like fish oils, algae-derived omegas support healthy immune and inflammatory responses, heart health, cognitive focus, and lipid metabolism.\*

With over 200 different products, *Vital Nutrients* makes healthcare practitioner-grade supplements available directly to consumers. They offer an entire line of sustainably-sourced **Omega-3 Supplements** to suit anyone's needs. Each batch is meticulously tested for allergens, purity, and potency – above and beyond industry standards.

Do you want more from your omega-3 supplements? Shop **Vital Nutrients Omega-3 Supplements** here.

## References

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\*These statements have not been evaluated by the Food & Drug Administration (FDA).  
These products are not intended to diagnose, treat, cure or prevent any disease.