

Each softgel contains:	
Fish Oil	500 mg
Vitamin D <sub>3</sub>	2000 IU



## CARDIOVASCULAR HEALTH:

Vitamin D<sub>3</sub>, along with Fish Oil are beneficial for supporting heart health and exert protective effects on cardiovascular and renal health. Multiple studies have linked Vitamin D<sub>3</sub> deficiency with higher risk of high blood pressure and cardiomyopathy. It modulates such risks via the inhibition of the renin-angiotensin-aldosterone system. Vitamin D<sub>3</sub> has antihypertrophic effects on cardiac cells that regulate calcium and myosin, decrease natriuretic peptide and also play an important role in different cardiac infections. While research shows that people who eat dietary sources of fish oil at least twice a week have a lower risk of dying of heart disease.



## HIGH TRIGLYCERIDES AND CHOLESTEROL

There's strong evidence that omega-3 fatty acids can significantly reduce blood triglyceride levels. There also appears to be a slight improvement in high-density lipoprotein (HDL, or "good") cholesterol, although an increase in levels of low-density lipoprotein (LDL, or "bad") cholesterol also was observed.



## BRAIN HEALTH:

The brain is very susceptible to oxidative damage due to its high fatty acid content and its high demand for oxygen. This oxidative damage enhances the production of harmful compounds that could affect memory, cognition, and physical functions and contribute to conditions like Alzheimer's and Parkinson's. Vitamin D<sub>3</sub> & Fish oil may reduce these harmful compounds. Our brain is made up of nearly 60% fat, and much of this fat is omega-3 fatty acids. Therefore, omega-3s are essential for typical brain function. Omega-3s can prevent the onset or improve the symptoms of some mental health conditions. For example, it can reduce the chances of psychotic disorders in those who are at risk.



## BONE HEALTH:

Vitamin D<sub>3</sub> plays an essential role in maintaining healthy bones. It is also needed for bone growth and bone remodeling by osteoblasts and osteoclasts. Vitamin D<sub>3</sub> deficiency can result in thin, brittle, as well as rickets in children and osteomalacia in adults. Together with calcium, Vitamin D<sub>3</sub> also helps prevent osteoporosis in older individuals. Calcium and vitamin D are very important for bone health, but some studies suggest that omega-3 fatty acids can also be beneficial. People with higher omega-3 intakes and blood levels may have better bone mineral density.



## IMMUNE HEALTH:

Vitamin D<sub>3</sub> has been defined as natural immune modulator, and upon activation of Vitamin D<sub>3</sub> receptors (VDRs), it regulates calcium metabolism, cellular growth, proliferation and apoptosis, and other immunological functions. Epidemiological data underline a strong correlation between poor Vitamin D<sub>3</sub> status and higher risk for chronic inflammatory illnesses of various etiologies, including autoimmune diseases. The combination of Vitamin D<sub>3</sub> & fish oil reduces the auto immune disease rate. Both omega-3 and omega-6-derived metabolites have important immune-regulatory functions.



## CELLULAR HEALTH:

Vitamin D<sub>3</sub> affects the cellular proliferation by modulating different processes including apoptosis, cell cycle progression, and differentiation in a cell specific manner. Fish oil primarily contains two types of omega-3 fatty acids, EPA and DHA. These two fatty acids are components of cell membranes and have powerful anti-inflammatory functions within the body. They are also well known for their critical roles in human development.



## SKIN HEALTH:

Skin is the largest organ in the body and it contains a lot of omega-3 fatty acids. Skin is widely exposed to damaging agents that contribute to aging. Some internal damaging factors include cellular damage and hormonal imbalances, while external factors include environmental agents such as UV rays. Harmful elements can lead to reduced skin moisture as well as the thinning of the layers of the skin. Fish oil supplements may be beneficial in a number of skin disorders, including psoriasis and dermatitis.



## CANCERS:

Vitamin D<sub>3</sub> may have this anti-cancerous effect by modulating anti proliferative and pro-differentiating ability of human cells expressing Vitamin D<sub>3</sub> receptor (VDR). Omega-3. may reduce colon cancer risk improve immune response in patients undergoing colorectal cancer resection.



## DIABETES MELLITUS:

Oxidative stress can induce cell damage. This can result in metabolic diseases like diabetes. Vitamin D<sub>3</sub> supplementation helps increase the body's sensitivity to the blood sugar-regulating hormone, insulin, thus reducing the risk of diabetes. The use of fish oil may be accompanied by a slight increase in LDL cholesterol concentration. Fish oil may be useful in treating dyslipidemia in diabetes.



## REPRODUCTIVE HEALTH:

Vitamin D<sub>3</sub> has an effect on increased sperm survival, thus playing an important role in the extra testicular maturation of sperm by influencing capacitation and might modulate sperm survival. Omega-3s supply the necessary building blocks for hormone production and function, which helps reduce frustrating menopause symptoms. Research has found omega-3s help with hot flashes and post-menopausal depression.



## EXERCISE PERFORMANCE:

Oxidative stress can affect muscle function and exercise performance. Similarly, the abnormal mitochondrial function can reduce muscle energy. Supplementing with Vitamin D<sub>3</sub> may help reduce fatigue, which could also potentially improve exercise performance. Fish oil supplementation has been shown to decrease blood triglyceride levels in both athletes and nonathletes.



## HEADACHES:

Abnormal mitochondrial function can lead to increased calcium uptake by the cells, the excessive production of free radicals, and decreased antioxidant protection. This can result in low energy in the brain cells and may contribute to migraine. Vitamin D<sub>3</sub> a study indicate that an increased intake of the omega-3 fatty acids EPA and DHA can reduce the frequency and severity of headaches and that reducing intake of the omega-6 fatty acid linoleic acid may lead to additional improvement



## Protect Cognitive Health:

Depression is expected to become the second-largest cause of illness by 2030. Interestingly, older studies have shown that people with major depression appear to have lower blood levels of omega-3s. Supplementing with Fish oil may reduce the depression and helps to improve cognitive health.

**DOSE:** One to two softgel(s) daily or as directed by a qualified healthcare practitioner.

**PRECAUTIONS:** Protect from heat, light and moisture. Store at room temperature. Refrigeration is recommended in hot climates. Keep out of reach of children. Sealed for your protection. Do not use if the seal under the cap of the jar is missing or tempered. Shake jar before opening.

خود پاک: ایک سے دو سافت جیلز روزانہ یا مستند معالج کی ہدایت کے مطابق استعمال کریں۔

احتیاط: دھوپ، نمی اور گرمی سے دور رکھیں اور کمرے کے درجہ حرارت پر محفوظ کریں۔ گرم موسم میں ریفریجریٹر میں محفوظ کرنا تجویز کیا جاتا ہے۔ بچوں کی پہنچ سے دور رکھیں۔ آپ کی حفاظت کے پیش نظر اس جار کو سیل کیا گیا ہے۔ اگر جار کی کیپ کے نیچے سیل موجود نہ ہو یا خراب ہو تو استعمال نہ کریں۔ جار کو کھولنے سے پہلے ہلا لیں۔



Scotmann Pharmaceuticals  
(H&OTC Division)

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