

# Megagel-369

## COMPOSITION

Megagel-369 Softgel Capsule: Each softgel capsule contains Omega-3 fatty acid 500 mg, Omega-6 fatty acid 125 mg and Omega-9 fatty acid 140 mg.

## DESCRIPTION

The omega-3 fatty acids eicosapentaenoic (EPA) acid and docosahexaenoic acid (DHA) are long-chain polyunsaturated fatty acids, which compete with arachidonic acid for inclusion in cyclooxygenase and lipoxygenase pathways. Their actions include hypolipidaemic action (especially a reduction in plasma triglycerides) by reducing very low-density lipoproteins, anti-inflammatory action, attributed to effects on leukotriene synthesis and antiplatelet effect, attributed to effects on prostanoid synthesis, which promote vasodilatation, reduction in platelet aggregation, increased bleeding time and decreased platelet counts.

Omega-6 fatty acids are essential fatty acids. They are necessary for human health, but the body cannot make them. You have to get them through food. Along with omega-3 fatty acids, omega-6 fatty acids play a crucial role in brain function, and normal growth and development. As a type of polyunsaturated fatty acid (PUFA), omega-6s help stimulate skin and hair growth, maintain bone health, regulate metabolism, and maintain the reproductive system. Most omega-6 fatty acids in the diet come from vegetable oils, such as linoleic acid (LA), Linoleic acid is converted to gamma-linolenic acid (GLA) in the body. It can then break down further to arachidonic acid (AA). GLA is found in several plant-based oils, including evening primrose oil (EPO), borage oil, and black currant seed oil.

The two primary sources of omega-9 fatty acids are oleic acid and erucic acid that used to replace saturated fat. These can be found in foods and supplements. Omega-9 has a positive health effect on the lowering of cholesterol levels, reducing of insulin resistance, and boosting the immune system.

## INDICATION AND USES

- Enhance immune system
- Support healthy pregnancy
- Boost infant and baby's brain health
- Boost eye health and minimize vision problems
- Boost heart health and balance cholesterol levels
- Fight against depression and anxiety
- Improve egg quality and enhance ovulation

- Stimulate skin and hair growth
- Maintain reproductive system
- Reduce mastalgia (breast pain)
- Relief Premenstrual Syndrome (PMS)

#### **DOSAGE AND ADMINISTRATION**

Orally 1-2 softgel capsule daily or as directed by the healthcare professional.

#### **CONTRAINDICATION**

Patients with known hypersensitivity to any of the tablet ingredients.

#### **PRECAUTION**

Because of the moderate increase in bleeding time (with the high dosage, i.e. 4 capsules), patients receiving anti-coagulant therapy must be monitored and the dosage of anti-coagulant adjusted if necessary.

#### **SIDE EFFECTS**

Generally well tolerated. Stomach upset may be seen.

#### **USE IN PREGNANCY AND LACTATION**

Recommended in pregnancy and lactation.

#### **DRUG INTERACTIONS**

Omega-3-acid ethyl esters has been given in conjunction with warfarin without hemorrhagic complications. However, the prothrombin time must be checked when Omega-3-acid ethyl esters is combined with warfarin or when treatment with Omega-3-acid ethyl esters is stopped.

#### **STORAGE**

Store in a cool and dry place, away from light & moisture, Keep all medicines out of reach of children.

#### **PACKING**

Megagel-369 Softgel Capsule: Each box contains 3 x 10's Tablets in blister pack.

Imported & Marketed by



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