

EPA

DHA

OMEGARD

(OMEGA-3 FISH OIL) 1000mg

DESCRIPTION

Omegard (Omega-3 Fish Oil) is supplied as fish oil filled in softgel enteric coated capsules for oral administration. Each 1-gram soft gel capsule of Omegard (Omega-3 Fish Oil) contains predominantly a combination of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

COMPOSITION

Omega-3 Fish Oil (USP)

1000mg

ROLE OF OMEGARD (Omega-3 Fish Oil) IN HEALTHY INDIVIDUALS

Omegard (Omega-3 Fish Oil) improves the general health of all individuals by promoting support for healthy brain functions, cardiovascular functions, joint mobility, immune system, bowel and skin health.

Role of OMEGARD (Omega-3 Fish Oil) in different diseases

Omega-3 Fish Oil have anti-inflammatory, antithrombotic, antiarrhythmic and hypolipidemic effects. DHA is a major structural component of phospholipid in neuronal cell membrane. Altering the lipid environment of the phospholipid bilayer leads to functional changes in the activity of receptors & other proteins embedded in the membrane phospholipid. EPA is not present in neuronal cell membranes; it's a modulator of cytokines that have neurotransmitter & neuromodulator activity.

Role of OMEGARD (Omega-3 Fish Oil) in Hypertriglyceridemia

Potential mechanisms of action include inhibition of acyl-mitochondrial and peroxisomal β -oxidation in the decreased lipogenesis in the liver, and increased plasma lipoprotein lipase activity. Omega-3 fatty acids may reduce the synthesis of triglycerides in the liver because EPA and DHA are poor substrates for the enzymes responsible for TG synthesis, and EPA and DHA inhibit esterification of other fatty acids.

Role of OMEGARD (Omega-3 Fish Oil) in Joint diseases

The suggested mechanism for the ameliorating effects of Omega-3 fatty acids (DHA plus EPA) on RA is a decrease in inflammation due to EPA's ability to competitively inhibit omega-6 prostaglandins and thus increasing the production of LT_{B5}, a non-inflammatory eicosanoids and decreasing the production of pro-inflammatory eicosanoids (e.g. PGE₂, thromboxane and LT_{B4}). The result is decreased vasodilation, neutrophil degranulation, vascular permeability and hyperalgesia. This combination effectively decreases swelling, redness and loss of function which are the hallmark signs and symptoms of Rheumatoid Arthritis.

Role of OMEGARD in IgA nephropathy

Omega-3 Fish Oil as proved by the clinical studies is shown to be effective in slowing down the progression of the disease in IgA nephropathy the advanced renal disease and the reduction in the proteinuria.

Role of OMEGARD(Omega -3 Fish Oil) in Depression

Omega-3 is reduced in patients of depression and schizophrenia. Changes in DHA content of neuronal cell membranes could alter the function of ion channels or membrane-associated receptors, as well as the availability of neurotransmitters. Whereas

EPA inhibits Cytokines which leads to serotonin production. Cytokines including IL-1, IL-2, IL-6 and IFNs have been found to reduce tryptophan (TRP) availability by activation of the TRP-metabolizing enzyme indoleamine-2,3-dioxygenase (IDO). Thus, overstimulation of IDO by cytokines may lead to depletion of serum TRP, which is accompanied by a significant reduction of 5-HT synthesis.

Role of OMEGARD (Omega-3 Fish Oil) in Alzheimer's disease:

DHA helps improve cognitive function and slows cognitive decline in patients with mild Alzheimer disease. Omega-3 Fish Oil, DHA increases the production of LR11, a protein that is found at reduced levels in Alzheimer's patients and which is known to destroy the protein that forms the "plaques" associated with the disease. The plaques are deposits of a protein called beta amyloid that is thought to be toxic to neurons in the brain, leading to Alzheimer's. Since having high levels of LR11 prevents the toxic plaques from being made, low levels in patients are believed to be a factor in causing the disease.

USES OF OMEGARD (Omega-3 Fish Oil)

1. Hypertriglyceridemia & CVD
2. Joint Diseases
3. IgA nephropathy
4. Eye protection, Retinopathies & Dry eyes
5. Alzheimer's Disease
6. Major Depressive Disorder
7. Schizophrenia

OMEGARD (Omega-3 Fish Oil) DOSAGE

Patients should be advised to swallow Omegard capsules as whole. Do not break open, crush, dissolve or chew Omegard. It can be taken with or without food. One to two capsules of Omega-3 fatty acids taken daily is the generally accepted dose for healthy individuals, but for patients with specific illnesses, physician will decide the dose according to the clinical condition of the patient.

HYPERTRIGLYCERIDEMIA

2-capsules given 2-3 times

JOINT DISEASES (RHEUMATOID ARTHRITIS, OSTEOARTHRITIS & SLE)

2 capsules twice daily

IgA NEPHROPATHY

2 capsules twice daily

EYE PROTECTION, RETINOPATHIES & DRY EYES

2 capsules twice daily

DEPRESSION

1 capsule three daily

SCHIZOPHRENIA

2 capsules twice daily

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2 capsule twice daily

ALZHEIMER'S DISEASE

Mild to Moderate: 1 capsule twice daily

Severe: 2 capsules twice daily

CONTRAINDICATIONS

Omegard (Omega-3 Fish Oil) is contraindicated in patients with known hypersensitivity (e.g., anaphylactic reaction) to Omegard (Omega-3 Fish Oil) or any of its components.

WARNINGS & PRECAUTIONS

Fish Allergy

Omegard contains Omega-3 fatty acids (EPA and DHA) obtained from the oil of several fish sources. It is not known whether patients with allergies to fish and/or shellfish, are at increased risk of an allergic reaction to Omegard. Omegard (Omega-3 Fish Oil) should be used with caution in patients with known hypersensitivity to fish and/or shellfish.

Monitoring: Laboratory Tests

In patients with hepatic impairment, alanine aminotransferase (ALT) and aspartate aminotransferase (AST) levels should be monitored periodically during therapy with Omega-3. In some patients, increases in ALT levels without a concurrent increase in AST levels were observed. In some patients, Omega-3 increases LDL-C levels. LDL-C levels should be monitored periodically during therapy with Omega-3. Laboratory studies should be performed periodically to measure the patient's TG levels during therapy with Omega-3.

Risk of Bleeding

Omega-3 Fish Oil may increase the risk of bleeding, although there is little evidence of significant bleeding risk at lower doses. Very large intakes of fish oil/omega-3 Fish Oil may increase the risk of hemorrhagic (bleeding) stroke. High doses have also been associated with nose bleed and blood in the urine.

Blood Pressure

Multiple human trials report small reductions in blood pressure with intake of Omega-3 fatty acids. Reductions of 2-5 mmHg have been observed, and effects appear to be dose-responsive (higher doses have greater effects). DHA may have greater effects than EPA. Caution is warranted in patients with low blood pressure or in those taking blood-pressure lowering medications.

ADVERSE REACTIONS

Constipation, nausea, vomiting, increased ALT, increased AST, pruritus, rash, belching and heartburn...

DRUG INTERACTIONS

Omega-3 fatty acid (EPA and DHA) supplements in combination with anticoagulant drugs, including aspirin, clopidogrel, dalteparin, dipyridamole enoxaparin, heparin, ticlopidine, and warfarin, should have their coagulation status monitored using a standardized prothrombin time assay (INR). One small study found that 3 g/day or 6 g/day of fish oil did not affect INR values in 10 patients on warfarin over a 4-week period. However, a case report described an individual who required a reduction of her warfarin dose when she doubled her fish oil dose from 1 g/day to 2 g/day.

USE IN SPECIAL POPULATIONS

Pregnancy

Pregnancy Category C: There are no adequate and well-controlled studies in pregnant women. It is unknown whether Omega-3 can cause fetal harm when administered to a pregnant woman or can affect reproductive capacity. Omegard (Omega-3 Fish Oil) should be used during pregnancy only if the potential benefit to the patient justifies the potential risk to the fetus.

Lactation

It is not known whether Omega-3 is excreted in human milk. Because many drugs are excreted in human milk, caution should be exercised when Omegard (Omega-3 Fish Oil) is administered to a nursing woman.

Pediatric Use

Safety and effectiveness in pediatric patients have not been established.

Geriatric use

A limited number of patients older than 65 years were enrolled in the clinical studies of Omega-3. Safety and efficacy findings in subjects older than 60 years did not appear to differ from those of subjects younger than 60 years.

DRUG ABUSE & DEPENDENCE

Omegard (Omega-3 Fish Oil) does not have any known drug abuse or withdrawal effects.

OVER DOSAGE

In the event of an overdose, the patient should be treated symptomatically, and general supportive care measures instituted, as required.

HOW SUPPLIED

Omegard (Omega-3 Fish Oil) is available as enteric coated soft gel capsules in blister pack of 3 x 10's (30's).

STORAGE

Omegard (Omega-3 Fish Oil) enteric coated soft gel capsules should be stored below 25°C.

اومیگارڈ

اومیگا-3 فیش آئل
۳۰ اینٹیپیرک کوئڈ سوپٹ جیل کپسولز



خوراک: دو ڈائٹریکری ہدایت کے مطابق استعمال کیجیے۔
ہدایات: دوا کو گرمی، روشنی اور نمی سے محفوظ 25°C سینٹی گریڈ سے کم درجہ حرارت پر رکھیے۔ دوا کو دباؤ اور خراب ہو جانے سے بچائیے۔
تمام دوائیں بیچوں کی تیاری سے دور رکھیے۔
صرف مستند ڈاکٹر کے نسخہ پر فروخت کیجیے۔

Neurotoxic: "Not for treatment of any disease"

یہ دوا بیماریوں کے علاج کے لئے نہیں ہے۔