



VITA-SOL
INTEGRATIVE SKIN CARE



ULTRA OMEGA PLUS FOR SKIN

with Fiona Tuck

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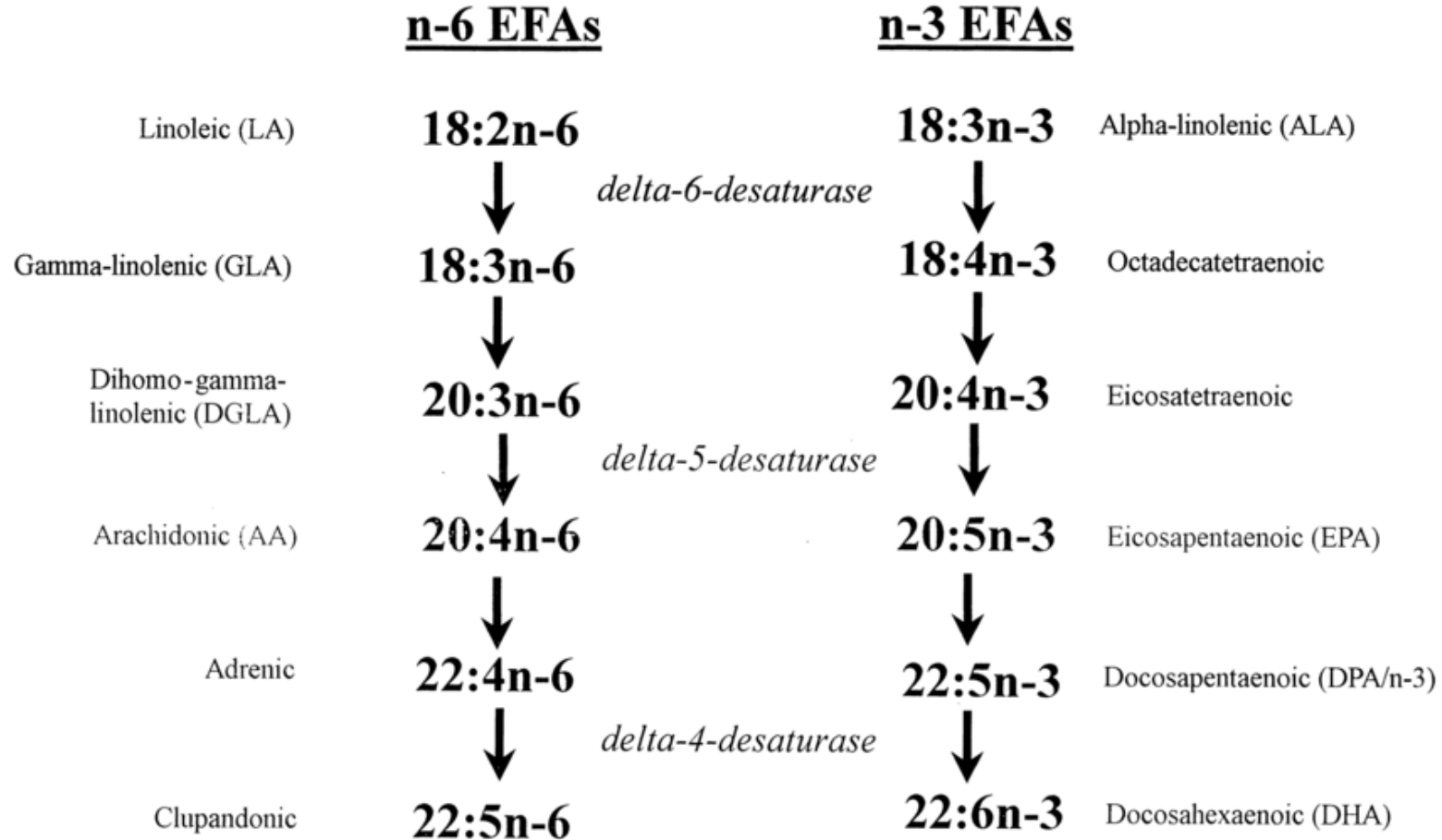
Essential fatty acids

- EFAs are a type of polyunsaturated fatty acid (PUFA) that cannot be synthesized in our bodies and must therefore be obtained from the diet.
- There are two classes of EFAs:
- Omega-6 (n-6) and Omega-3 (n-3) fatty acids.
- Linoleic Acid (LA) is the parent compound of the n-6 PUFAs.
- α -linolenic acid (ALA) is the parent compound of n-3 PUFAs.
- From these two parent compounds, the body synthesizes longer chain derivatives that have important functions in healthy skin





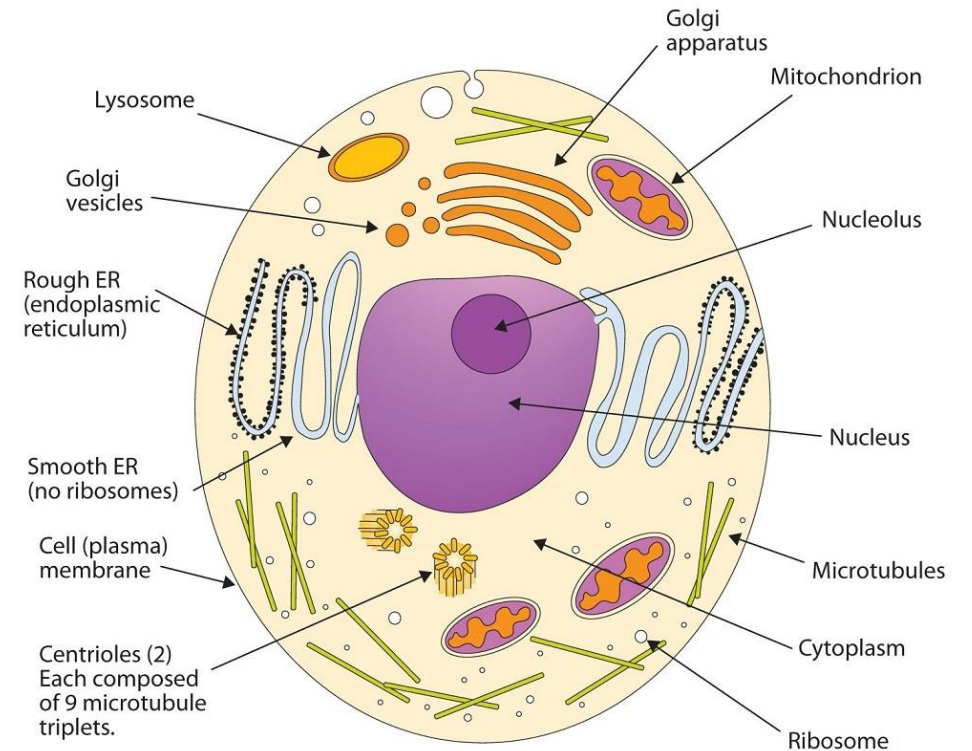
Omega 3 & 6 Pathways





The Role of Essential Fatty Acids

- EFAs include both omega-6 (linoleic) and omega-3 (alpha-linolenic) fatty acids.
- They work together to create eicosanoids and prostaglandins, the hormone-like chemical messengers responsible for regulating blood pressure, oxygen transport and pain and inflammation.
- EFAs primary function is to maintain healthy cell membrane function required to transport waste and nutrients (amino acids, hormones, minerals, vitamins and water) in and out of cells.





EFA deficiency

- Dry skin
- Dermatitis
- Premature ageing
- Loss of elasticity
- flaky scaling skin
- Poor wound healing
- Acne
- Dry hair
- Brittle nails
- Depression/anxiety
- Poor memory
- Insulin resistance
- High blood pressure
- Liver disease
- Gut dysbiosis and impaired barrier function
- Hormonal problems





Omega 3

Omega-3 EFAs comprise less than 2% of total epidermal fatty acids. Whilst they do not appreciably accumulate in the skin, n-3 fatty acids serve an important anti-inflammatory role.

Moreover, dietary supplementation can enrich long chain n-3 fatty acids in the epidermis, significantly altering the fatty acid composition and eicosanoid content of the skin.

Key omega-3 fatty acids:

- Alpha linolenic acid (ALA) (Plant sourced)
- Eicosapentaenoic acid (EPA)
- Docosahexaenoic acid (DHA)

Plant based ALA can be converted to EPA in the body
The conversion of ALA to EPA and DHA is very inefficient therefore inadequate seafood intake may put one at risk of inadequate intake of omega 3. Some people are genetically predisposed to poor metabolism of omegas and are more prone to deficiency.





Omega 6

Major component of skin lipids and is important for ceramide production and wound healing. Acne skins may be low in LA resulting in thicker, stickier sebum production.

Key omega-6 fatty acids are:

- Linoleic acid (LA)
- Gamma-linolenic acid (GLA)
- Arachidonic acid (AA)





GLA Gamma linolenic acid

- GLA is a type of omega 6 that is not widely found in the diet. It plays an anti-inflammatory role in the skin and some studies suggest that it may be effective in reducing the symptoms of a large number of inflammatory skin disorders including dermatitis, eczema, psoriasis, and acne as well as reducing redness and erythema due to UV radiation and improving healing of wounds.
- Good quality omega skin supplements will include omega 6 GLA for this reason. GLA rich oils include –
- Evening Primrose (caution pregnancy and conception as may increase risk of miscarriage)
- Starflower
- Borage
- Hemp
- Seabuckthorn

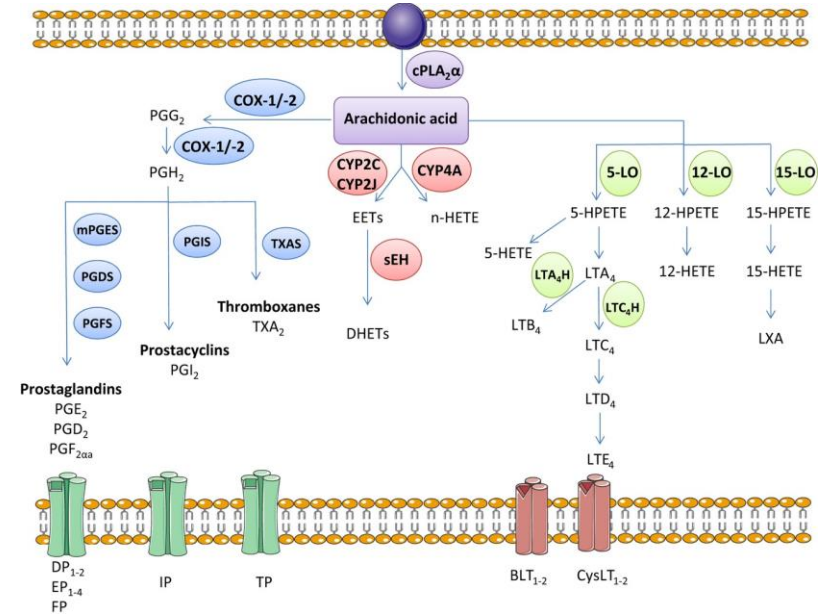




Is Omega 6 really inflammatory?

We need a good balance of omega 3 and 6 for healthy skin however, in a typical western diet, omega 6's are very high due to:

- Processed foods
- Canola oil and other vegetable oils
- Margarine and spreads
- Animal based products (AA)
- High intake of full fat dairy (AA)
- Grain-fed meat



Arachidonic acid (AA) is the second most abundant PUFA in the epidermis, accounting for approximately 9% of total epidermal fatty acids (10). It is a structural component of phosphatidylinositol and phosphatidylserine, phospholipids found in the membranes of epidermal keratinocytes. AA can be released from phospholipids by the enzyme phospholipase A2 (PLA2) and serves as the major source of epidermal eicosanoids, potent mediators of the inflammatory response

AA may be pro-inflammatory when it's not balanced by another anti-inflammatory omega 3's and 6's.

A healthy ratio for omega 6's vs. 3's in our diet is thought to be 3:1 or less.



What to look for in an omega skin supplement...

- Choose an omega specifically designed for skin health – Omega 3 EPA/DHA, Omega 6 LA, GLA, (Omega 7 & 9 optional)
- EPA & DHA – wild caught, sustainably sourced. Look for small fish like sardines, anchovies, mackerel
- Extraction method is important to maintain oil quality
- Many fish oil supplements may contain harmful lipid peroxides (oxidized lipids that can damage cells)
- Look for triglycerides which are more easily assimilated via the digestive process, supporting increased absorption and optimal utilization of EPA and DHA.
- Antioxidants and polyphenols – aid efficacy and prevent oxidation of the oil – e.g., sea buckthorn, astaxanthin
- Quality assurance – Look for third party quality assurance such as FOS and IFFO Certified



ULTRA OMEGA PLUS FOR SKIN

The premium quality omega supplement expertly curated to support skin health by providing anti-inflammatory, antioxidant, skin hydration, elasticity, and skin barrier benefits.

- VITA-SOL ULTRA OMEGA PLUS For Skin contains a potent blend of precision blended omega 3, 6, 7 & 9 for ultimate skin health using a combination of concentrated fish omega 3 triglycerides combined with plant omegas and polyphenol, carotenoid, and antioxidant support.
- Studies suggest that the combination of polyphenols and EPA and DHA from fish oil can lead to a significant improvement in glutathione peroxidase activity, plasma antioxidant capacity, a decrease in lipid peroxidation, as well as a significant reduction of inflammatory biomarkers.
- Concentrated wild caught fish omega 3 triglycerides
- EPA/DHA 1800mg, sustainably sourced, wild caught sardines and anchovies
- Third party independently verified (FOS and IFFO)





ULTRA OMEGA PLUS FOR SKIN

- Astaxanthin (from Haematococcus Pluvialis)
- Haematococcus pluvialis is a bright red algae, one of the richest sources of natural astaxanthin, a potent xanthophyll carotenoid.
- Astaxanthin is known as the King of skin carotenoids and has shown significant improvements in skin elasticity due to collagen fibre recovery and inflammatory mediator reduction in the skin.
- Astaxanthin is a potent antioxidant with anti-inflammatory activity and significant inhibition of melanogenesis has been observed in pigmented age spots at a 6 mg daily dose.





ULTRA OMEGA PLUS FOR SKIN

- Seabuckthorn is a yellow fruit rich in vitamins, minerals and fatty acids
- Contains 190 bioactive beneficial substances
- Seabuckthorn is rich in phytochemicals, polyphenols, and fatty acids





ULTRA OMEGA PLUS FOR SKIN

Directions for Use :

- Adults take 3 capsules (oral) daily or as professionally prescribed.
- Quantity per dose (3 capsules).
- RRP: \$72 (inc. GST)

Advertising and Marketing permitted TGA claims.

- Antioxidant/Reduce free radicals formed in the body
- Maintain/support general health and wellbeing
- Anti-inflammatory/relieve inflammation
- Soothe/relieve skin inflammation
- Maintain/support skin health
- Maintain/support skin hydration
- Maintain/support skin elasticity
- Maintain/support skin integrity/structure





Commonly asked questions

- Contra indications – low blood pressure, blood thinning meds, pregnancy
- Capsules vs liquid
- Dose – An exact guideline for daily intake has not been established as multiple factors can influence an individual's need for omega 3's
- The sum of the whole is greater than the individual parts
- How long does it take to see results?
- Can you take with the other VITA-SOL products?





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