

ULTRA OMEGA

IMPACT ADVANTAGE



PILLAR ULTRA OMEGA has been developed for athletes, delivering a specifically EPA dominant formula for maximal support per capsule for joint mobility and inflammation. ULTRA OMEGA provides an unmatched level of transparency, purity and quality in omega supplementation by partnering with EPAX® from Norway.



ABOUT EPAX®

EPAX® has a world-class reputation in omega-3 research, development and production, dating back to 1838 in Bergen, Norway.

Fast forward 180 years, they continue to deliver the very best quality marine ingredients, to selected partners globally.

ORIGIN

EPAX products are processed and manufactured in Ålesund, Norway, from crude fish oils under a highly specific quality criteria. As such, EPAX® crude fish oil is made from wild-caught fish from Peru, Chile, Morocco, Seychelles.

SPECIES

Skipjack tuna, Yellowfin tuna, Bigeye tuna, Albacore tuna, Peruvian anchovy, Chilean jack mackerel, Pacific chub mackerel, European sardines, Atlantic chub mackerel.

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OUR RESEARCH

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RAPID COMMUNICATION

Omega-3 Status Evaluation in Australian Female Rugby League Athletes: Ad Libitum Fish Oil Provision Results in a Varied Omega-3 Index

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Optimal omega-3 status, influenced by increased intake of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), is vital for physiological health. This study investigated the impact of ad libitum fish oil supplementation on the omega-3 status of female athletes in a professional rugby league team during a competitive season. Twenty-four ($n = 24$) athletes participated, and their omega-3 status was assessed using the Omega-3 Index (O3I) and arachidonic acid (AA) to EPA ratio through finger-prick blood samples taken at the start and end of the season. They were given access to a fish oil supplement (PILLAR Performance, Australia) with a recommended daily dose of four capsules per day (2,160 mg EPA and 1,440 mg docosahexaenoic acid). At the beginning of the season, the group mean O3I was 4.77% (95% confidence interval [CI: 4.50, 5.04]) and the AA to EPA ratio was 14.89 (95% CI [13.22, 16.55]). None of the athletes had an O3I exceeding 8%. By the season's end, the O3I was a significantly increased to 7.28% (95% CI [6.64, 7.93], $p < .0001$) and AA to EPA ratio significantly decreased to a mean of 6.67 (95% CI [5.02, 8.31], $p < .0001$), driven primarily by the significant increase in EPA of +1.14% (95% CI [0.77, 1.51], $p < .0001$). However, these changes were varied between the athletes and most likely due to compliance. This study has demonstrated that using the objective O3I feedback scale is possible with elite female rugby athletes, but individual strategies will be required to achieve daily intake targets of EPA + DHA.

Keywords: dietary fatty acids, omega-3 fish oil, membrane incorporation

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WHEN & HOW TO TAKE FOR BEST PERFORMANCE OUTCOMES?

The benefits of Omega-3 EPA come from longer term and consistent use. They can be consumed any time of day, but the fats are best absorbed in conjunction with fats in a meal. Morning and evening meals make this easy and consistent.

Dr Dan Plews
Head of Research



RELEVANT STUDY

Effect of an acute dose of omega-3 fish oil following exercise-induced muscle damage...

In this study, 27 physically active males completed 100 plyometric drop jumps to induce muscle damage before testing a placebo, low-EPA and high-EPA dose on muscle soreness.

READ STUDY

ULTRA OMEGA holds the following certifications:

