

# SPM COMPLETE

## SPM Complete for optimal health.

Research indicates that omega-3 fatty acids are excellent for brain, eye, and cardiovascular health and are shown to beneficially influence a healthy inflammatory response.\* Fat soluble vitamins A and D play key roles in immune activity, including support for white blood cell function and immune self-regulation.\* The combination of omega-3 fatty acids and vitamins A and D will help to benefit people at every stage of life.\*

The Cod Liver Oil in SPM Complete maintains a wide spectrum of nutrients including a high omega-3 fatty acid composition rich in balance of EPA and DHA along with DPA, along with the complete family of natural vitamin A and D factors, and the preservation of the sensitive Proresolving Mediators (PRMs) and their Specialized Proresolving Mediator metabolites (SPMs).

The PRMs and SPMs have only recently been discovered by Dr. Charles Serhan, a Simon Gelman professor at Harvard University, as being of significant importance in supporting proper immune defense and a healthy inflammatory response.\*

They have been found to support healthy intestinal, immune and neurological function.\* The type of PRMs and SPMs and their amount in SPM Complete has been found to be very similar to that found in mother's breast milk. It appears that specific PRMs and SPMs are produced by the immune system of the body to help balance its function, and therefore the structure of the types of these substances and their amounts are being recognized as important for helping to maintain good health.\*

**Suggested Use:** As a dietary supplement, take 1 softgel daily, or as directed by your healthcare practitioner.

### Supplement Facts

Serving Size 1 Softgel  
Servings Per Container 60

Amount Per Serving	% Daily Value
Calories 10	
Total Fat 1 g	1%†
Cholesterol 5 mg	2%†
Vitamin A (100% naturally occurring from CLO) 1,000 mcg	111%
Vitamin D (100% naturally occurring from CLO) 3 mcg (120 IU)	15%
Alaskan Cod Liver Oil 1000 mg	*
Total Omega-3 Fatty Acids 220 mg	*
Eicosapentaenoic Acid (EPA) 100 mg	*
Docosahexaenoic Acid (DHA) 100 mg	*
Docosapentaenoic Acid (DPA) 18 mg	*
Pro-resolving mediators (including 14-HDHA, 17-HDHA and 18-HEPE) 47 mcg	*

†Percent Daily Values are based on a 2,000-calorie diet.

\*Daily Value not established

Other Ingredients: Capsule Shell (gelatin, glycerin, purified water), natural mixed tocopherols.

**Contains: Fish (Cod).**

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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