

# SPM

Specialized Pro-resolving Mediators\*



*Inflammation*

*Homeostasis*

*Healthy Aging*

NutritionalFrontiers.com  
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# SPM

## Available in 60 & 120 count Softgels and Liquid

This unique, SPM omega-3 derived supplement was designed to help modulate and resolve inflammation. SPM stands for "Specialized Pro-resolving Mediators" which are recently discovered, naturally occurring substances derived from omega-3 and omega-6 fatty acids. Our bodies make SPMs as a response to help resolve inflammation and they can be produced all over the body in areas like the bloodstream, nervous system tissue, and breastmilk. Specialized pro-resolving mediators are theorized to contribute to the demonstrable beneficial effects of omega-3 fatty acids on reducing inflammation.

The inflammatory process consists of a chain of events in response to trauma or injury. Inflammation may be acute or chronic and leads to changes in the tissues, cells, and blood vessels surrounding the inflamed area. While acute inflammation is a necessary and important response to trauma or injury, ongoing inflammation is associated with many disease conditions such as arthritis, autoimmune diseases, cardiovascular disease, asthma, Crohn's disease and ulcerative colitis, and more. Furthermore, the medical community now understands that uncontrolled inflammation is involved in the pathogenesis of many diseases not previously categorized as inflammatory, such as Alzheimer's disease, Parkinson's disease, and cancer.

SPMs do not block the vital initial inflammatory response to trauma, but rather SPMs prevent excessive inflammation and promote tissue homeostasis (return to normal functioning) by controlling the duration and magnitude of inflammation. They are called 'resolving mediators' because of their role in facilitating natural resolution of the inflammatory response. Examples of SPMs include resolvins, lipoxins, protectins, and maresins. SPMs have demonstrated potent immunoregulatory and anti-inflammatory activities such as inhibiting the production of pro-inflammatory mediators and regulating white blood cells. In addition to actively resolving inflammation, SPMs protect organs and stimulate tissue regeneration.

Research shows that SPM levels in the body are associated with reduced pain scores in patients with knee arthritis. Furthermore, erythrocyte sedimentation rates (ESR), a blood test marker for inflammation, were also reduced in those patients with arthritis taking SPM. Many animal studies demonstrate improved healing rates in conditions like colitis, ischemic kidney damage, periodontitis, and asthma.

While SPMs are produced naturally in humans, the ability of the body to produce SPMs may be compromised in the setting of obesity and aging. Since SPMs are involved in the

active, regulated process of resolving acute inflammation and managing the return to tissue homeostasis, supplementing with SPMs may provide benefit and relief to those individuals struggling with discomfort and prolonged inflammation.\*

### Softgels Serving Size: 2 Softgels | Servings Per Container: 60 or 120

Calories (energy)	25
Total Fat	2 g
Cholesterol	10 mg
Protein	<1 g
Marine Lipid Concentrate providing	2.1g
PRMs (including 18-hydroxy-eicosapentaenoic acid (18-HEPE), 17-hydroxy-docosahexaenoic acid (17- HDHA), and 14-hydroxy-docosahexaenoic acid (14-HDHA))	400 mcg

**Ingredients:** Highly Refined and Concentrated Omega-3 Fish Oil, Capsule Shell (gelatin, glycerin, purified water), Natural Lemon Flavor, Natural Mixed Tocopherols.

**Suggested Use:** As a dietary supplement, take 2 softgels daily, or as directed by your healthcare practitioner.

**Warning:** If pregnant or nursing, consult your healthcare practitioner before taking this product.

### Liquid Serving Size: 1 Teaspoonful (5ml) | Servings Per Container: 30

Calories (energy)	40
Total Fat	4.5 g
Cholesterol	10 mg
PRMs (including 18-hydroxy-eicosapentaenoic acid (18-HEPE), 17-hydroxy-docosahexaenoic acid (17- HDHA), and 14-hydroxy-docosahexaenoic acid (14-HDHA))	400 mcg
Total Omega-3 Fatty Acids (including EPA, DHA, DPA and Other Omega-3 Fatty Acids)	1600 mg

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

**Warning:** If pregnant or nursing, consult your healthcare practitioner before taking this product.

\*This statement has 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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