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CMD

Corrective Medicine Plus Nutritional Therapy

CMC MAKES LIFE HEALTHIER

**REVEALING THE
SCIENCE, BREAKING
THE MYTHS**

顛覆傳統認知
揭示魚油真正價值

**FUEL EVERY CELL
CMC MEDICAL
GRADE FISH OIL**

滋養每個細胞
CMC 醫療等級魚油

Singapore Corrective Medicine Centre
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INTRODUCTION 介紹

This presentation, **“Fuel Every Cell—CMC Medical-Grade Fish Oil”**, reveals why fish oil is far more than a dietary fat. Drawing on up-to-date scientific evidence, it explains how EPA and DHA are the structural “fuel” for cell membranes—supporting heart, brain, eyes, skin and immunity. The slides explore how medical-grade fish oil from CMC is purified, verified and clinically proven; how it protects against chronic inflammation; and how it keeps cell membranes fluid, selectively permeable and self-healing so that vital fat-soluble nutrients can reach every cell. It challenges traditional views of fish oil and offers clear guidance for consumers on choosing and using premium products.

本簡報《**滋養每個細胞—CMC 醫療等級魚油**》揭示魚油遠不只是飲食中的脂肪。基於最新科學證據，說明EPA 與DHA 如何成為細胞膜的“燃料”，全面支持心臟、大腦、眼睛、皮膚和免疫健康。內容介紹CMC 醫療等級魚油的高純淨萃取、第三方驗證與臨床證據；闡述它如何抑制慢性發炎、維持細胞膜的流動性、選擇性通透和自我修復，從而讓關鍵的脂溶性營養素順利進入。



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WHY FISH OIL IS NOT “JUST OIL”

為何魚油不只是“油”

- More than dietary fat—structural fuel for every cell membrane
- Key to heart, brain, eyes, skin and immunity
- Modern diets: high Omega-6, low marine Omega-3
- 魚油不僅是膳食脂肪，而是建構每個細胞膜的核心燃料
- 對心臟、大腦、眼睛、皮膚與免疫系統至關重要
- 現代飲食Omega-6偏高，海洋Omega-3嚴重不足

 Cardiovascular Health Numerous clinical studies have demonstrated the benefits of Omega-3 for heart health. EPAX® 6000 has been tested in a significant number of these published, peer-reviewed studies. — Balanced EPA/DHA oils	 Joint Health The flexibility of joints is a key element of quality of life and healthy aging. EPAX® 4510 delivers high levels of EPA to provide nutritional support for healthy joints and movements. — High EPA oils	 Prenatal and Postnatal Health The last three months of pregnancy and the first year of life are critical periods. EPAX® 1090 has a high DHA content, which has been shown to support healthy brain and eye development in infants. — High DHA oils
 Cognitive Health Poor memory has been associated with low levels of DHA, the principal fatty acid in the brain. Clinical studies have demonstrated that EPAX® 1090 supports cognitive health as we age. — High DHA oils	 Eye Health DHA provides the building blocks for protective compounds that support retina cell functions. EPAX® 1090, with its high DHA content, has been formulated to support eye health. — High DHA oils	 Mood Maintaining emotional balance can be challenging. EPAX® 6015 is a clinically supported Omega-3 concentrate with a high level of EPA designed to support healthy mood. — High EPA oils
 Healthy Inflammatory Response The typical western diet has a ratio of Omega-6 to Omega-3 fatty acids that can lead to low-grade chronic inflammation. EPAX® 4020 can help restore a healthy balance. — Balanced EPA/DHA oils	 Metabolic Syndrome Metabolic syndrome is the term for a cluster of conditions: increased blood pressure, high blood sugar, excess body fat, and abnormal cholesterol or triglyceride levels. Together, they can increase the risk of heart disease, stroke and diabetes. EPAX® 1090 may help with the management of this condition. — High DHA oils	 Sports Nutrition Omega-3s are an ideal choice for active consumers seeking to maximize the benefits of their workouts. EPAX® 4020 offers heart and joint health support, as well as healthy inflammation response. — Balanced EPA/DHA oils, high DHA oils

OMEGA-3 VS OMEGA-6 BALANCE: CORRECT RATIO AND HEALTH EFFECTS

Omega-3 与Omega-6：正確比例與健康影響

- Ideal dietary ratio is about 1:1 to 1:4 (Omega-3 : Omega-6)
- Modern diets often reach 1:10–1:20, creating an inflammatory environment
- Omega-3 produces anti-inflammatory mediators (resolvins, protectins) that calm chronic inflammation
- Omega-6 in excess drives pro-inflammatory eicosanoids and can worsen chronic disease risk
- Omega-3 helps lower blood pressure and improve vascular elasticity
- Excess Omega-6 is linked to and arterial stiffness
- 理想飲食比例約為1:1 至1:4（Omega-3 : Omega-6）
- 現代飲食常高達1:10–1:20，造成促發炎環境
- Omega-3 生成抗發炎分子，可緩解慢性發炎
- 過量Omega-6 促進促發炎類二十烷酸，增加慢性疾病風險
- Omega-3 有助於降低血壓並改善血管彈性
- 過多Omega-6 與血壓升高及動脈僵硬有關



CMC MEDICAL-GRADE ADVANTAGE

醫療等級優勢

- Small deep-sea fish (anchovy, sardine)
- Molecular distillation removes heavy metals, dioxins, PCBs
- $\geq 90\%$ active EPA + DHA; low oxidation (POV/AV)
- IFOS / GOED third-party certified

- 取自小型深海魚（鰵魚、沙丁魚）
- 分子蒸餾去除重金屬、二噁英、PCB
- 活性EPA+DHA $\geq 90\%$ ，低氧化值（POV/AV）
- IFOS / GOED 第三方認證



CORE NUTRIENTS: EPA & DHA

核心營養：EPA 与 DHA

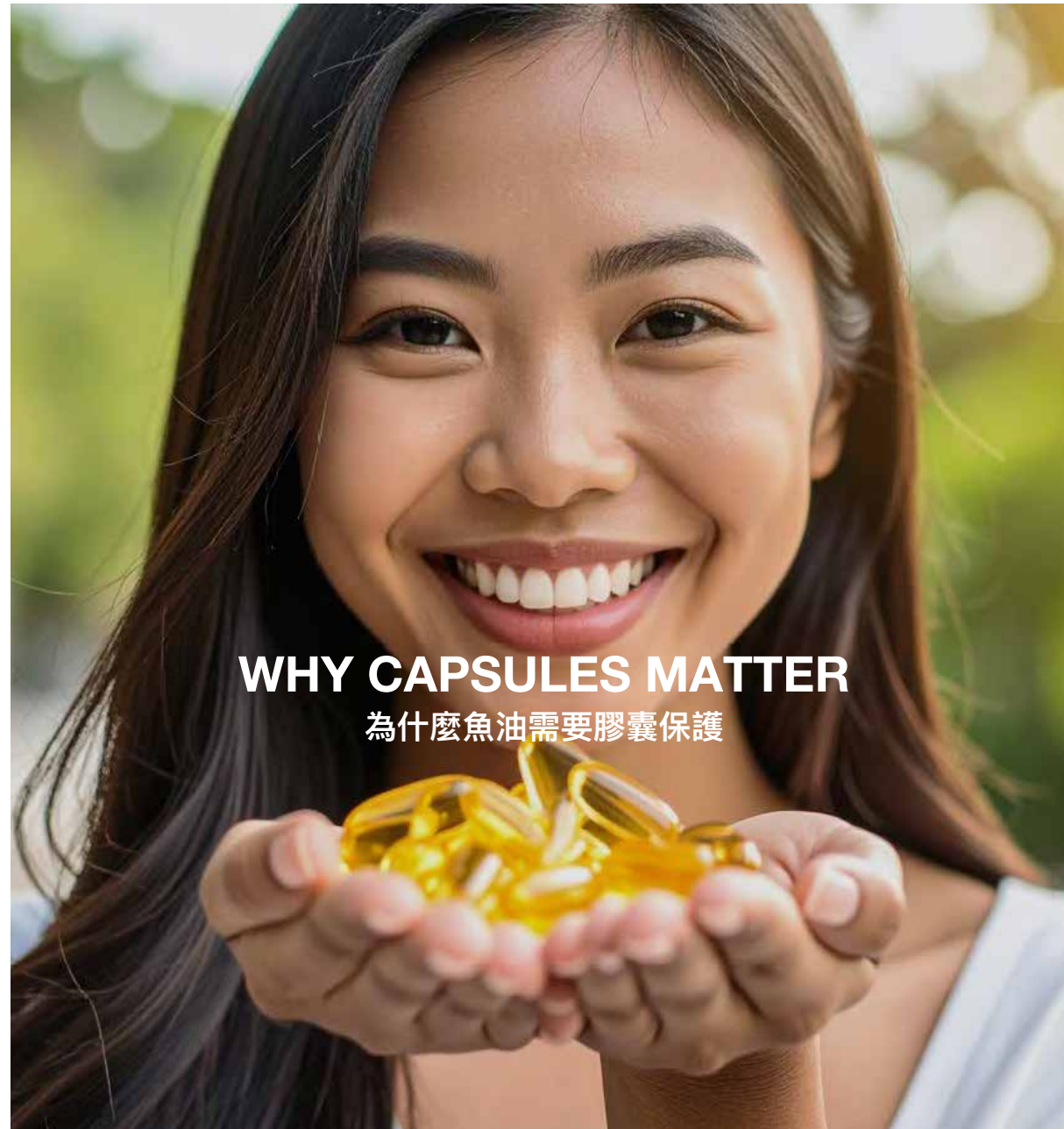
EPA—anti-inflammatory, lowers triglycerides, protects arteries

強效抗發炎，降低三酸甘油酯，保護血管

DHA—key fat in brain & retina, supports memory and vision

大腦與視網膜核心脂肪，提升記憶與視覺管





WHY CAPSULES MATTER

為什麼魚油需要膠囊保護

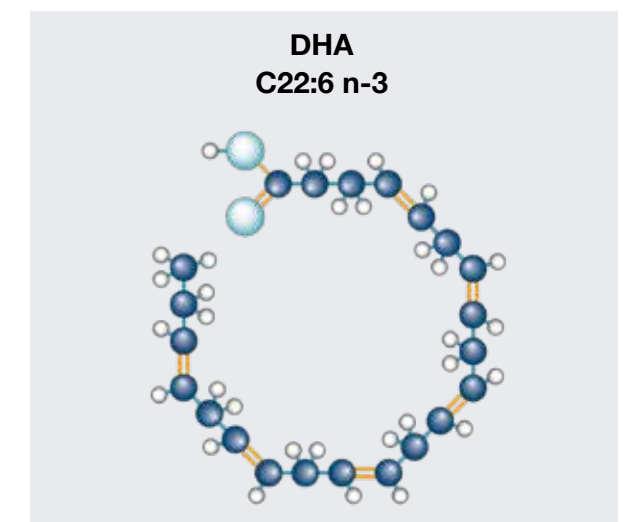
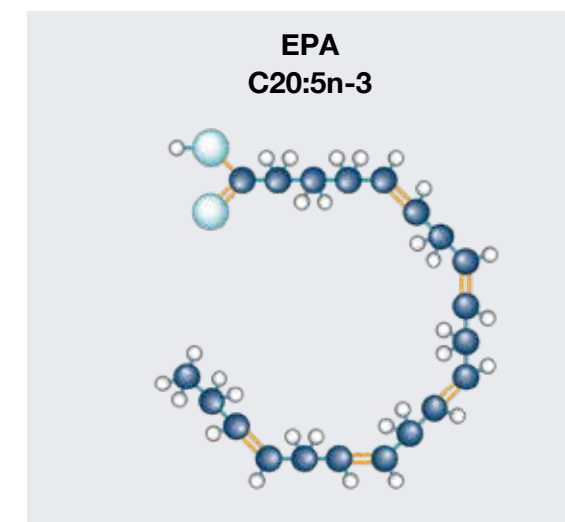
- Omega-3 is highly unsaturated and easily oxidised
- Soft-gel capsules seal out oxygen and light, preserving potency
- Accurate dose, convenient, no fishy aftertaste

- Omega-3 極易被空氣與光氧化
- 軟膠囊隔絕氧氣與光線，保持活性
- 劑量精準，攜帶方便，無腥味

HOW FISH OIL FUELS EVERY CELL

魚油如何滋養每個細胞

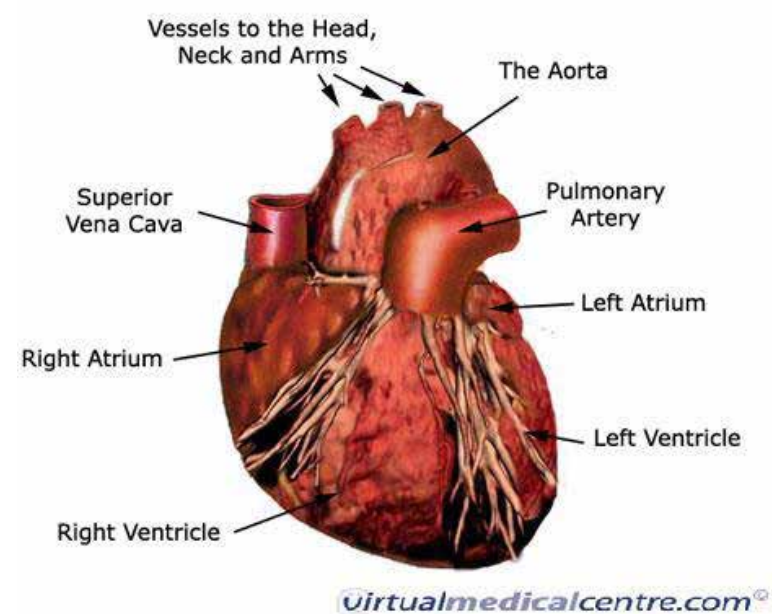
- EPA & DHA are building blocks of cell membranes
- Healthy membranes = nutrients in, toxins out, efficient signalling
- Strong membranes mean lower chronic inflammation and healthier organs
- EPA 与 DHA 是細胞膜的結構基石
- 健康膜結構讓營養順暢進入、廢棄物排出
- 穩固的細胞膜降低慢性炎症，維持器官健康



PROVEN HEALTH BENEFITS

科學驗證的健康益處

- **Heart & vessels**—lower triglycerides, reduce clot risk
 - **Brain & memory**—sharpen cognition, stabilise mood
 - **Eyes**—nourish cornea & retina, relieve dry eye, protect against macular degeneration
 - **Skin**—restore lipid barrier, combat dryness and irritation
 - **Joints & muscles**—reduce chronic inflammation and pain
-
- **心血管**—降低三酸甘油酯，減少血栓風險
 - **大腦與記**—分子蒸餾去除重金屬、二噁英、PCB
 - **眼睛**—滋養角膜與視網膜，緩解乾眼症，延緩黃斑病變
 - **皮膚**—重建皮脂屏障，改善乾燥與搔癢
 - **關節與肌肉**—減輕慢性發炎與疼痛



CHRONIC INFLAMMATION: THE SILENT THREAT

慢性發炎－無聲的威脅

- High Omega-6 diets, stress, pollution drive low grade inflammation
 - EPA produces resolvins & protectins
—molecules that actively end inflammation
-
- 高Omega-6飲食、壓力與污染造成慢性低度炎症
 - EPA 生成 resolvins與protectins，主動終止炎症



WHY EVERYONE NEEDS IT TODAY

當今每個人都需要魚油的原因

- Ageing → higher cardiovascular & cognitive risk
- Air-conditioning & screen time → dry eyes & skin
- Typical diets lack sufficient marine Omega-3
- 老化 → 心血管與認知退化風險高
- 長時間空調與看螢幕 → 眼睛與皮膚乾燥
- 現代飲食缺乏足夠的海洋Omega-3



MARINE VS. PLANT OMEGA-3

洋與植物Omega-3 的區別

- Plant ALA converts poorly (<10% to EPA, <1% to DHA)
- Only marine Omega-3 delivers direct EPA & DHA for anti-inflammation and cell membranes
- 植物ALA轉化效率極低 (EPA<10%, DHA<1%)
- 只有海洋Omega-3可直接提供EPA與DHA，發揮抗發炎與構建細胞膜作用



FISH OIL VS OTHER SOURCES

魚油與其他海洋油脂比較



Krill oil – phospholipid form, contains astaxanthin

磷蝦油：磷脂形態，含蝦青素



Seal oil – adds DPA, less clinical evidence

海豹油：含DPA，臨床證據較少



Cod liver oil – adds vitamins A/D DHA & other nutrients.

魚肝油：含維生素A/D, DHA和其他元素



Deep sea fish oil Core Nutrients: EPA & DHA

深海魚油核心營養：EPA 与DHA

SAFE FOR MANY POPULATIONS

多種人群均可安全補充

Children, elderly, heart patients, gout or diabetes patients can all benefit when dosed correctly under professional advice.

兒童、老人、心血管患者、痛風或糖尿病患者專業指導下都可安全補充



HOW TO CHOOSE PREMIUM FISH OIL

如何選購優質魚油

✓ Source: small deep-sea fish

來源：小型深海魚

✓ Molecular distillation & third-party certification

分子蒸餾與第三方認證

✓ Clear EPA+DHA per serving

每份EPA+DHA標示清晰

✓ Low oxidation (POV/AV)

低氧化值 (POV/AV)



CMC MEDICAL GRADE FISH OIL

DOSAGE & USAGE

劑量與服用建議



EHA 500 MG & DHA250MG PER CAPSULE PER 1000 MG

- Wellness: 500–1000 mg. CMC EPA+DHA/day
- Cardiometabolic support: CMC 1000–2000 mg under physician guidance. Take with meals; split AM/PM if desired.
- 一般保健：每日CMC EPA+DHA 500–1000 mg
- 心血管支持：醫師指導1000–2000 mg 隨餐服用，早晚分次均可



Our products were the first of its kind to be certified sustainable by Friend of the Sea (FOS). FOS is a non-profit, non-governmental organisation (NGO), whose mission is the conservation of the marine habitat.



Our products are certified Halal by Halal Certification Europe (HCE). HCE is recognised and approved by JAKIM (Malaysia), MUI (Indonesia), MUIS (Singapore) and other reputable Halal authorities.



Selected products are certified by the International Fish Oil Standards (IFOS). IFOS is a third party testing and certification program for fish oils, offering a 4-star rating to brand owners. All our products are IFOS 4-star compliant.



Our by-products complies with the European Union's directives for the "Registration, Evaluation and Authorization of Chemicals" (REACH), put in place to ensure the handling of materials in such a way as to promote human and environmental health.

FISH OIL IS NOT JUST OIL IT IS THE DAILY STRUCTURAL NUTRIENT THAT FUELS EVERY CELL AND EYE VISION.

魚油不只是油

它是每個細胞和眼睛視力所需的日常結構營養。

At present at least 2.2 billion people around the world have a vision impairment, of whom at least 1 billion have a vision impairment that could have been prevented or is yet to be addressed.

目前,全球至少有22億人存在視力損傷,其中至少10億人的視力損傷本來可以預防,或尚未解決。

The world faces considerable challenges in terms of eye care, including inequalities in the coverage and quality of prevention, treatment and rehabilitation services; a shortage of trained eye care service providers; and poor integration of eye care services into health systems, among others.

全球在眼部健康方面面臨諸多挑戰,包括:預防、治療和康養服務的覆蓋率與品質不平等;專業眼科護理人員短缺;以及眼科護理服務與衛生系統整合不足等問題。

COMMON CONCERNS ABOUT FISH OIL Q & AS

特色問答: 常見疑問

Q1: Will fish oil cause weight gain?

No, it balances metabolism.

問1: 魚油會讓人變胖嗎?

不會, 它能調節代謝。

Q2: Is plant Omega-3 enough?

No, conversion to EPA/DHA is minimal.

問2: 植物Omega-3夠嗎?

不足, 轉換率極低。

Q3: Can I take fish oil with medication?

Usually safe; check if on blood thinners.

問3: 服藥時能補充魚油嗎?

通常安全, 若用抗凝血藥需諮詢醫師。



CONSUMER GUIDE: SELECTING A PREMIUM FISH OIL

消費者選擇指南

✓ Small deep-sea fish source

小型深海魚來源

✓ Molecular distillation, IFOS/GOED certified

分子蒸餾並通過IFOS/GOED 認證

✓ EPA + DHA $\geq 70\%$ clearly labelled EPA + DHA

$\geq 70\%$, 標示清晰

✓ Low oxidation index (POV < 5 , AV < 20)

氧化值低 (POV < 5 , AV < 20)

✓ Dark bottle or blister packaging

深色瓶或鋁箔包裝防光



MEDICAL-GRADE VALIDATION CMC FISH OIL MEETS CLINICAL NUTRITION STANDARD

CMC 醫療等級魚油符合臨床營養標準

- Pharmaceutical-grade purification and controlled oxidation
製藥級淨化與嚴格氧化控制
- Batch-to-batch IFOS 5-Star certification
每批次通過IFOS 5星級認證
- Safe for children, elderly, pregnant women under professional advice
在專業指導下，兒童、老人、孕婦皆可安全使用
- Supported by global clinical studies on heart, brain, and vision health
獲國際臨床研究支持：心血管、腦部、視覺健康



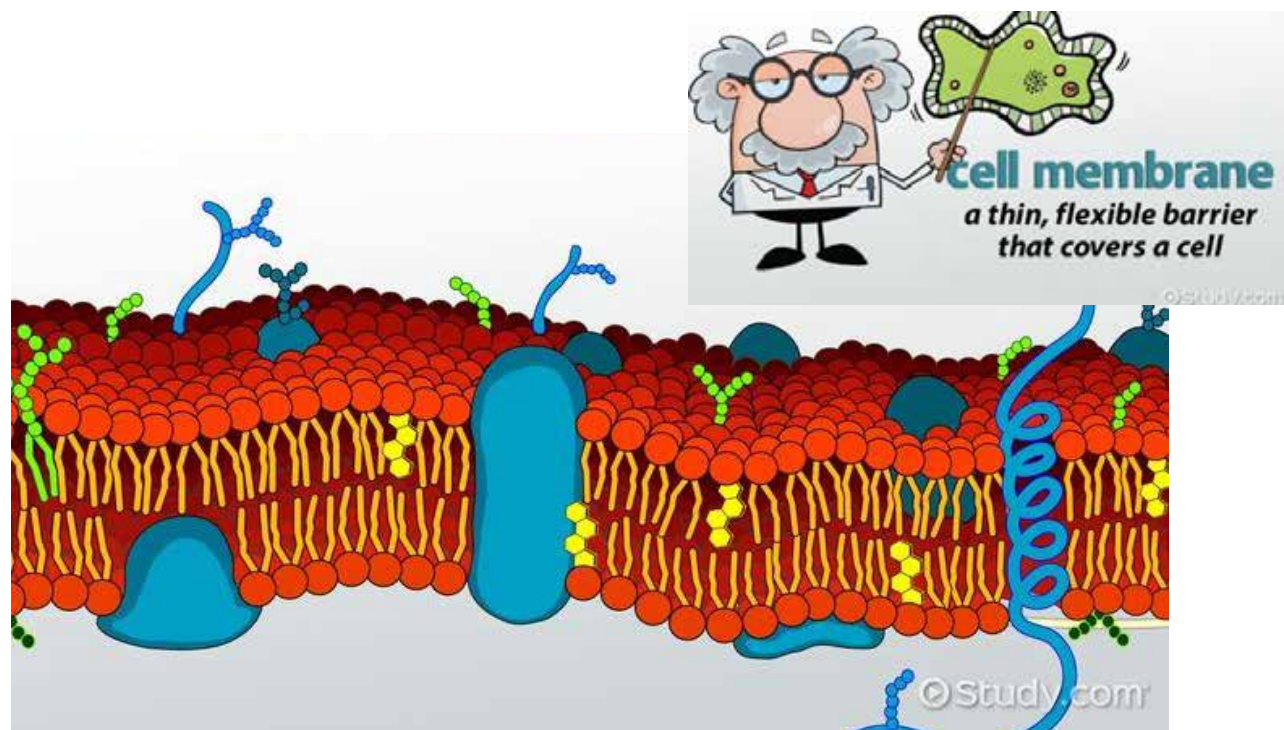
Statens legemiddelverk
Norwegian Medicines Agency



CELL MEMBRANE: FLUIDITY & SELECTIVE PERMEABILITY

細胞膜：流動性與選擇性通透

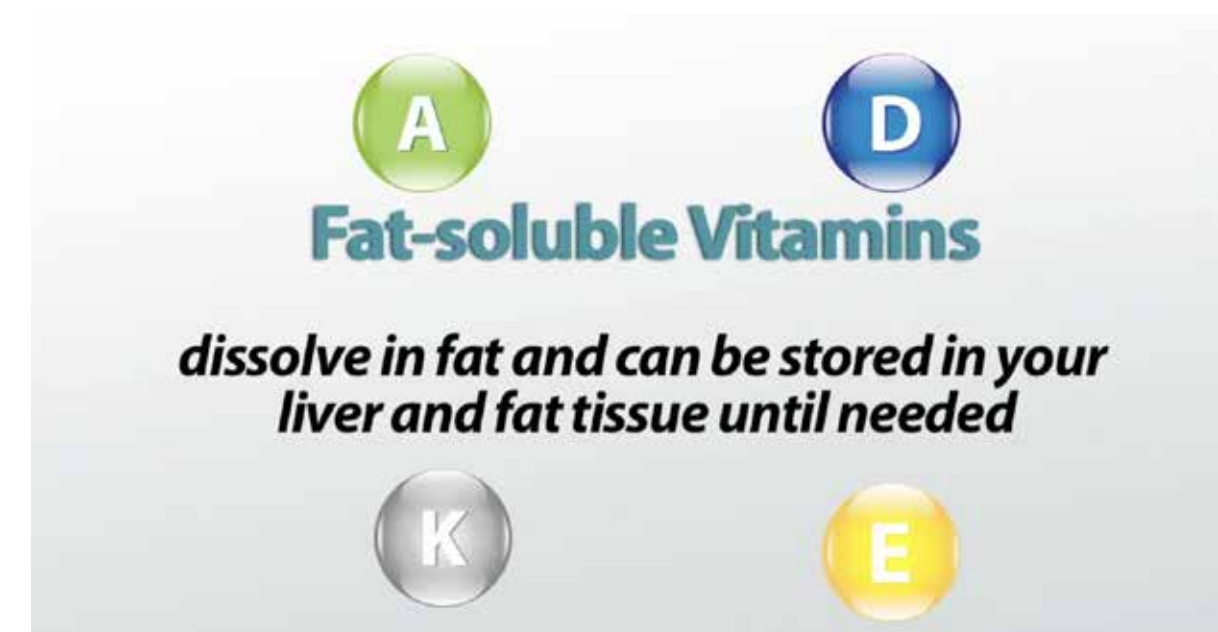
- EPA & DHA integrate into the phospholipid bilayer, enhancing fluidity and flexibility
- Fluid membranes ensure selective permeability—nutrients, hormones, and fat-soluble vitamins (A, D, E, K) enter efficiently while toxins exit
- Without Omega-3, membranes become rigid, slowing nutrient exchange and cell signalling
- EPA 与 DHA 融入磷脂雙層，增加流動性與柔軟度
- 流動的細胞膜保證選擇性通透性—營養素、荷爾蒙、脂溶性維生素 (A、D、E、K) 可高效進入，毒素順利排出
- 缺乏 Omega-3 時，細胞膜會僵硬，營養交換與細胞訊號傳導減緩



SELF-HEALING MEMBRANES & NUTRIENT TRANSPORT

自我修復的細胞膜與營養輸送

- DHA-rich membranes can self-repair micro-tears caused by oxidative stress
- this self-healing keeps channels for fat-soluble nutrients open
- Vitamins A, D, E, K and coenzyme Q10 reach the cell interior where they act
- 富含 DHA 的細胞膜可自我修復氧化壓力造成的微裂
- 自癒能力維持脂溶性營養素通道暢通



AGING WITHOUT FISH OIL: DRYING CELL MEMBRANE

缺乏魚油的老化：細胞膜乾燥

- With age, Omega-3 intake and membrane DHA decline
- Membranes become **dry and rigid**, limiting nutrient transport
- Even with supplementation of vitamins or antioxidants, **absorption is compromised** if membranes lack Omega-3
- 隨著年齡增長，Omega-3攝取與膜中DHA下降
- 細胞膜乾燥、僵硬，營養素運輸受限
- 即使補充維生素或抗氧化劑，若缺乏Omega-3，吸收仍受阻



WHY FISH OIL MATTERS TO EVERYONE

魚油與每個人息息相關

- Healthy membranes are the gatekeepers of cell vitality
- Fish oil ensures billions of cells remain fluid, permeable, and self-healing
- This underpins heart health, sharp memory, glowing skin, and efficient nutrient use at every age
- 健康的細胞膜是細胞活力的守門人
- 魚油確保身體數十億個細胞保持流動、通透與自我修復
- 這是心臟健康、敏銳記憶、光滑肌膚與高效營養利用的根基



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CMC讓生活更健康

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