

Triglycerides Fact Sheet

What Are Triglycerides?

- Triglycerides, like cholesterol, are fats (lipids) that, in balanced and moderate amounts, perform significant and important functions in the body.
- After a meal, unused calories are converted into triglycerides and distributed among fat cells for storage. Hormones then regulate the release of triglycerides from fat tissue for energy between meals.
- Like cholesterol, triglyceride levels can be determined by a blood test.

What Is Hypertriglyceridemia (HTG)?

- Hypertriglyceridemia occurs when there is too much fat (triglycerides) in the bloodstream, and can be caused by diet, diabetes, and obesity. Millions of Americans have HTG.
 - When triglyceride levels are greater than or equal to 500 mg/dL, they are considered very high, according to the National Cholesterol Education Program (NCEP) ATP III Classification of Serum Triglycerides.
 - Persistently high triglyceride levels may contribute to hardening of the arteries, which increases the risk of stroke, heart attack and heart disease.
 - High triglycerides often accompany other conditions known to increase the risk of heart disease, obesity and metabolic syndrome, and in some people, may be linked to the occurrence of heart disease.
 - Very high triglycerides can cause inflammation of the pancreas (pancreatitis).

Is There a Natural Way to Reduce Triglyceride Levels?

- The American Heart Association (AHA) suggests lowering triglyceride levels by exercising and eating a healthy diet, including increasing consumption of fish high in omega-3 fatty acids and decreasing consumption of meats high in saturated fats.
 - Fatty fish are a good source of omega-3. However, some types of fish may contain mercury and other pollutants from the environment; therefore the AHA cautions that some people should limit the amount of certain types of fish they eat.
 - There is strong scientific evidence that omega-3s, specifically EPA and DHA, can significantly reduce triglyceride levels.

How Does LOVAZA® (omega-3-acid ethyl esters) Help Lower Very High Triglycerides?

- LOVAZA is the first and only U.S. Food and Drug Administration (FDA) -approved prescription omega-3 product that, along with a healthy diet, reduces very high triglycerides (≥ 500 mg/dL) in adults.
 - For people with very high triglycerides, LOVAZA is an important treatment option for lowering triglyceride levels.
- LOVAZA has been shown to reduce triglyceride levels by 45%.
 - Treatment with LOVAZA also resulted in an increase in LDL-C by a median of 45%, from a median baseline of 89 mg/dL to 108 mg/dL at end of therapy.
- LOVAZA contains 465 mg of eicosapentaenoic acid (EPA) and 375 mg of docosahexaenoic acid (DHA) - the active ingredients found in omega-3s. EPA and DHA are what make LOVAZA effective in lowering very high triglycerides in adults.
- LOVAZA is naturally derived involving a five-step refinement process that consistently produces a potent, highly concentrated and purified prescription medicine.
- LOVAZA is manufactured according to FDA standards for prescription drugs, which helps ensure its purity, stability, high omega-3 concentration, batch-to-batch consistency and reliability.
- Patients should consult their healthcare provider about whether LOVAZA is an appropriate treatment option for them as there are currently no outcome studies in the United States establishing that LOVAZA improves cardiovascular risk or reduces the risk for pancreatitis.

Important safety information for LOVAZA (omega-3-acid ethyl esters)

LOVAZA, along with diet, helps to lower very high triglyceride levels.

If you are allergic to fish, you should not take LOVAZA.

Talk to your doctor about any medications you are taking, especially those that may increase your risk of bleeding.

Possible side effects include burping, infection, flu-like symptoms, and upset stomach.

For more information about LOVAZA, please see the Patient Information or full Prescribing Information.

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