



BodyBio Resolvin

Fish Oil + SPMs, Delivered via Phospholipids

Resolvin is formulated from herring roe extract, delivering a highly bioavailable, phospholipid-bound 3:1 DHA-to-EPA ratio along with a naturally occurring, whole-food source of specialized pro-resolving mediators (SPMs). This synergistic blend offers broad restorative support, promoting optimal function in the brain, cardiovascular system, immune system, and beyond.*

As a comprehensive nutritional tool, Resolvin helps modulate the body's inflammation resolution pathways—restoring cellular balance and supporting whole-body resilience.

AVAILABLE FORMAT:

60 Softgels



BENEFITS

Brain and Cognitive Health

DHA and SPMs help maintain neuronal structure, support neurotransmitter signaling, and protect against neuroinflammation—contributing to sharper cognitive function, balanced mood, and a reduced risk of neurodegenerative disorders like Alzheimer's disease.*

Cardiovascular Health

DHA and EPA help lower triglycerides, enhance endothelial function, and improve arterial flexibility, while SPMs actively limit inflammation within vascular tissues, together contributing to a reduced risk of cardiovascular disease and stroke.*

Anti-Inflammatory Effects

Unlike general anti-inflammatory agents, SPMs help actively resolve inflammation at the cellular level without suppressing immune function. By down-regulating pro-inflammatory cytokines, SPMs can help manage chronic inflammatory conditions like rheumatoid arthritis, inflammatory bowel disease, and psoriasis.*

Immune System Balance

Omega-3's and SPMs work together to regulate immune signaling, enhancing host defense while reducing chronic low-grade inflammation.*

Cellular Recovery and Resilience

SPMs promote the clearance of inflammatory debris and support tissue regeneration, aiding in faster recovery from physical stress or injury.*

TRUST POINTS

Sourced from herring roe harvested along the pristine coasts of Norway, Resolvin delivers a superior omega-3 profile featuring a high concentration of SPMs, an elevated DHA-to-EPA ratio, and rigorous heavy metal testing. A gentle, low-temperature ethanol extraction process is used to isolate omega-3 phospholipids and naturally occurring SPMs, such as protectins, maresins, resolvins, and lipoxins, while preserving their structural integrity and biological activity.

Unlike conventional fish oils, which are typically processed into triglyceride or ethyl ester forms, Resolvin delivers DHA in its native phospholipid form. This enhances its ability to cross the blood-brain barrier, making it particularly effective for supporting brain health and neurological resilience, especially in individuals with impaired fat digestion or metabolic processing. The result is a cleaner, more bioavailable source of omega-3s that nourishes the body at the cellular level without compromising purity or efficacy.

EVIDENCE

Resolvin PRMs and SPMs

Substrate	Major PRMs	UoM	Resolvin (average)	Competitor PRM
EPA	18-HEPE	µg/g	100	69
DHA	14-HDHA	µg/g	75	79
DHA	17-HDHA	µg/g	105	113
	Sum of 3	µg/g	280	261

Substrate	Major SPMs	UoM	Resolvin (average)	Competitor SPM
EPA	RvE2	µg/g	0.6	0.10
DHA	RvD5	µg/g	0.3	n/d
DHA	NPDx	µg/g	0.7	n/d
DHA	Maresins 1&2	µg/g	0.9	n/d

APPLICATIONS

Cognitive Health and Mood Support

DHA is a critical structural component of neuronal membranes, enhancing synaptic plasticity, membrane fluidity, and neurogenesis—foundational processes for learning, memory, and cognitive resilience. It also impacts neurotransmitter activity and brain-derived neurotrophic factor (BDNF) production. Working synergistically, SPMs further reduce neuroinflammation found in neurodevelopmental and neurodegenerative conditions. Together, DHA and SPMs promote focus, balanced mood, and neuroprotection.*

Cardiometabolic Health

Omega-3s and SPMs synergistically support cardiometabolic function by addressing lipid metabolism and chronic low-grade inflammation—two key drivers of cardiometabolic disease. DHA and EPA help maintain healthy triglyceride levels, support endothelial flexibility, and promote arterial integrity, while SPMs resolve vascular inflammation by inhibiting pro-inflammatory cytokines. This dual-action approach helps reduce vascular oxidative stress and support balanced immune signaling—particularly beneficial for those with metabolic syndrome or elevated cardiovascular risk.*

Chronic Inflammatory Conditions

SPMs actively resolve inflammation without suppressing immunity. These lipid mediators enhance regulatory T cell activity, inhibit pro-inflammatory cytokines, and reduce oxidative stress—key mechanisms driving autoimmune and chronic inflammatory states. By promoting immune resolution, SPMs help protect tissues from immune-mediated damage, including joint erosion in rheumatoid arthritis, myelin loss in multiple sclerosis, and skin inflammation in psoriasis.* This supports long-term immune balance, tissue integrity, and resilience across organ systems.

Immune Balance and Resilience

Omega-3s and SPMs regulate immune responses in both acute infection and chronic immune activation. During respiratory infection, SPMs clear cellular debris and reduce neutrophil-driven inflammation, supporting faster recovery with less tissue damage. In chronic conditions like long COVID or autoimmune thyroiditis, SPMs enhance regulatory T cell activity and reduce inflammatory cytokines.* These lipid metabolites limit overactivation while preserving defense, making DHA- and SPM-rich fish oil valuable for recovery, autoimmune flares, and systemic inflammation in allergies or asthma.

Injury, Post-Operative, or Exercise Recovery

After surgery, trauma, or intense exertion, the body enters a controlled inflammatory phase to initiate repair. SPMs accelerate the shift from inflammation to recovery by clearing neutrophils, reducing edema, and promoting macrophage cleanup of cellular debris. This supports faster resolution of inflammation while minimizing collateral tissue damage and fibrosis. Clinical and preclinical studies show SPMs can shorten recovery time, reduce soreness, and support musculoskeletal healing—making them a powerful tool for athletes, surgical patients, and those recovering from tissue or joint injuries.*

SUPPLEMENT FACTS

Serving Size: 2 softgels	Servings: 30
Amount Per Serving % DV**	
Calories	15
Total Fat	1g 1%
Cholesterol	30 mg 10%
Total Phospholipids	280 mg +
Phosphatidylcholine	240 mg +
Total Omega-3 Fatty Acids	430 mg +
EPA (Eicosapentaenoic Acid)	80 mg +
DHA (Docosahexaenoic Acid)	300 mg +
**The % Daily Values (DV) are based on a 2000 calorie diet.	
† Daily Value not established.	

Other ingredients: Specialized Pro-Resolving Mediators and Pro-Resolving Mediators derived from **herring** roe extract, purified deep sea **fish** oil (**sardines** and/or **anchovies**), gelatin, glycerin, purified water, antioxidant (tocopherols).

SUGGESTED USE

Take 2-4 softgels daily.

Therapeutic Dose

Take 6-8 softgels daily until optimal EPA/DHA levels are reached or symptoms resolve, then transition to a maintenance dose of 2-4 softgels daily.

If patient has difficulty digesting fat, consider pairing Resolvin with TUDCA for improved bioavailability.

SCIENTIFIC RATIONALE

Enhanced Bioavailability via Phospholipid Form

When delivered in phospholipid form, DHA and EPA exhibit greater cellular uptake and cross the blood-brain barrier more efficiently than triglyceride-based oils. This may be particularly important for populations with fat absorption challenges or neurological concerns.*

Brain and Neurological Support

DHA is highly concentrated in synaptic membranes and myelin sheaths, where it maintains membrane fluidity essential for neurotransmission. SPMs enhance neurological resilience by clearing cellular debris and shifting microglia—the brain’s immune cells—into a balanced, resolution-focused state. Overactivated microglia can perpetuate neuroinflammation and drive neurodegeneration, but by tempering this activation, SPMs help protect neuronal integrity and support long-term cognitive function.

Cardiovascular Health and Lipid Regulation

EPA and DHA help lower triglyceride levels through the reduction of hepatic triglyceride synthesis and the enhanced clearance of triglyceride-rich lipoproteins from circulation. These omega-3s also improve endothelial function, support arterial elasticity, and help maintain blood pressure. Working synergistically, SPMs resolve vascular inflammation by downregulating cytokines (e.g. IL-6, IL-1β, TNF-α) while protecting the endothelium from oxidative stress. This dual action lowers atherogenic risk and promotes long-term cardiovascular resilience.

Immune Balance and Inflammation Resolution

Unlike NSAIDs, which suppress inflammation, SPMs actively drive resolution by promoting efferocytosis (macrophage clearance of apoptotic cells and debris), reducing neutrophil infiltration, and restoring immune homeostasis. In autoimmune and chronic inflammatory conditions (e.g., rheumatoid arthritis, lupus, multiple sclerosis), SPMs shift immune signaling away from a pro-inflammatory state by enhancing regulatory T cell activity and downregulating Th1 and Th17 responses. They also inhibit cytokines like IL-6 and TNF-α—protecting tissues from immune-driven damage while preserving host defense. In infections, SPMs clear residual immune cells and limit collateral tissue damage, supporting recovery without compromising pathogen defense. Following tissue injury or surgery, they accelerate healing by resolving inflammation, reducing fibrosis, and promoting regeneration.

SCAN QR CODE
FOR REFERENCES

