

OMEGA-3 Fatty Acids Factsheet

<u>Ingredients Per Capsule</u>	<u>Quantities</u>
Eicosapentaenoic Acid (EPA)	180 mg
Docosahexaenoic Acid (DHA)	120 mg

Health experts agree that not all fat is bad for you. Omega-3 Fatty Acids are considered one of the 'good' fats important for cellular, heart and metabolic health. Numerous studies have shown the beneficial effect of Omega-3 Fatty Acids on lowering cholesterol levels and in helping reduce risks of arterial clots.

We hear more and more about Omega-3 and its effects on our health and we need to hear more. Much research is being conducted on this subject, but a lot of the information can only be found in medical journals. What we need to know are the health benefits that come from eating the right balance of "essential fatty acids" or EFAs.

EFAs

These are the fatty acids that are necessary for normal growth and development and our bodies do not manufacture them. Scientists have therefore concluded that EPA and DHA should be obtained from diet. Omega-3 fatty acids, found mainly in fat-rich fish such as Salmon, Rainbow Trout, Mackerel and supplements such as fish oil and cod liver oil confer health benefits not found in other foods.

"Omega-3s"

Are from fish are highly polyunsaturated fatty acids that lower serum triglycerides, reduce abnormal heart rhythms and blood pressure by small but significant amounts and improve blood-clotting regulation. Omega-3s may also boost the effectiveness of statins; drugs widely prescribed to lower blood LDL cholesterol levels.

Omega-3 fatty acids

May be particularly beneficial for overweight people with hypertension who are on weight loss diets. Studies have shown that people on a weight loss diet that included fat rich fish daily had improved glucose and insulin metabolism. People on the same diet without fish had no such improvements. Blood pressure reduction was noticed among the fish eaters. Thus, people with diabetes who eat fat rich fish or take Omega-3 supplement on a regular basis can boost the benefits of weight loss in improving glucose control and blood pressure.

Finally, it has been known for years that Omega-3s from fish, reduce the likelihood of developing blood clots that lead to heart attacks and stroke. They also improve blood circulation. These benefits have been demonstrated in controlled clinical trials and occur without unfavorable changes in glucose or insulin activity.

Caution

Pregnant or lactating women, persons under the age of 18 and anyone taking prescription medications should consult a GP before using any product.

Contains no yeast, wheat, corn, egg, milk, artificial colour or preservatives.