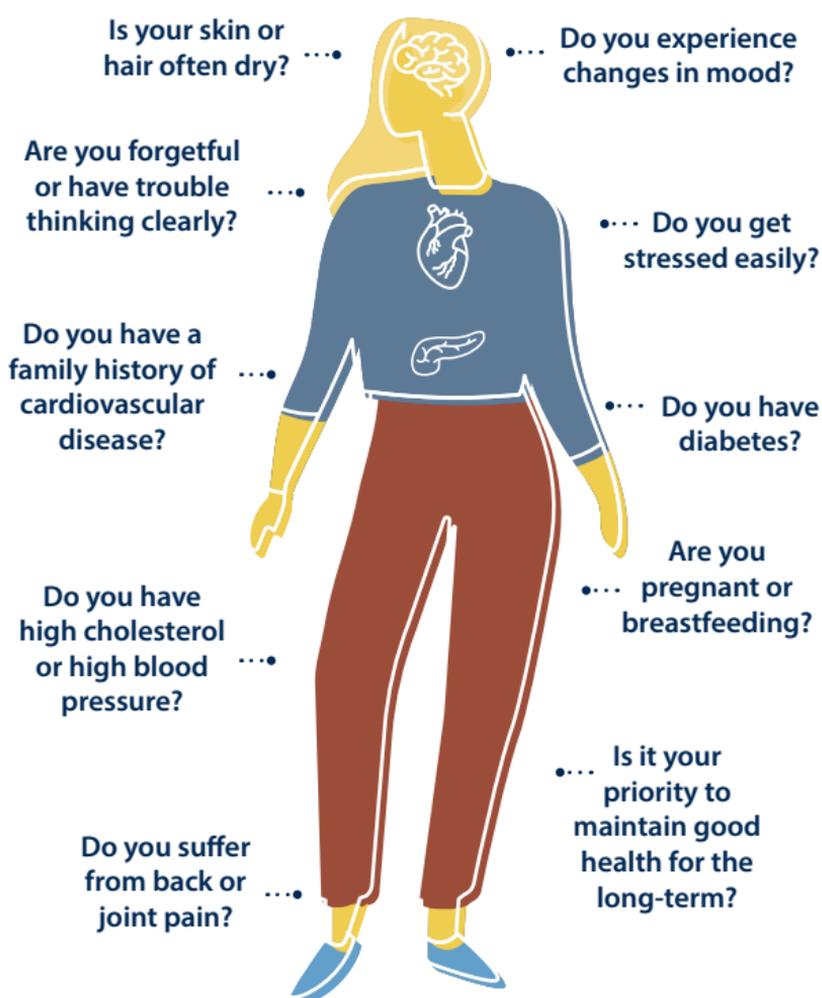


Why do you need omega-3 essential fatty acids?

**Nutrients for your brain,
heart and whole body.**



Are you getting enough omega-3 essential fatty acids?



Fun facts on omega-3 essential fatty acids

- Essential fatty acids (EFAs) are beneficial fats, essential in maintaining good health.
- Since EFAs cannot be made in the body, they must be ingested daily, through diet and supplementation.
- There are two families of EFAs: omega-3 and omega-6.
- Omega-3 EFAs are crucial to maintain optimal health.
- Small amounts of omega-6 EFAs are important for physiology.
- Excessive omega-6 EFAs may lead to increased inflammation and development of chronic disease.
- A Western diet is already typically higher in omega-6 EFAs, so focusing on adequate intake of omega-3 EFAs is important to guarantee good health.

How can omega-3 essential fatty acids help you?



EFAs are strong anti-inflammatories, useful in **reducing pain and inflammation**. They may provide temporary relief of joint stiffness, pain, inflammation, and swelling associated with rheumatism and osteoarthritis.



EFAs are vital for maintaining a **healthy cardiovascular system**, healthy blood pressure, peripheral circulation and helping to protect against long-term disease. They are effective in lowering 'bad' cholesterol and triglyceride levels while increasing 'healthy' cholesterol levels.



EFAs are important for **enhancing memory, learning and brain development** from infancy, and throughout adult life. Benefits of EFAs for the elderly include maintaining memory and protecting against dementia.



EFA levels are often low in people who **experience changes in mood** and other **mood related conditions**. It has been shown that those with these conditions often feel better when they take omega-3 EFAs.



EFAs ensure healthy brain and nervous system development in the developing foetus, as well as ongoing nutritional support for the mother during **pregnancy and breastfeeding**.



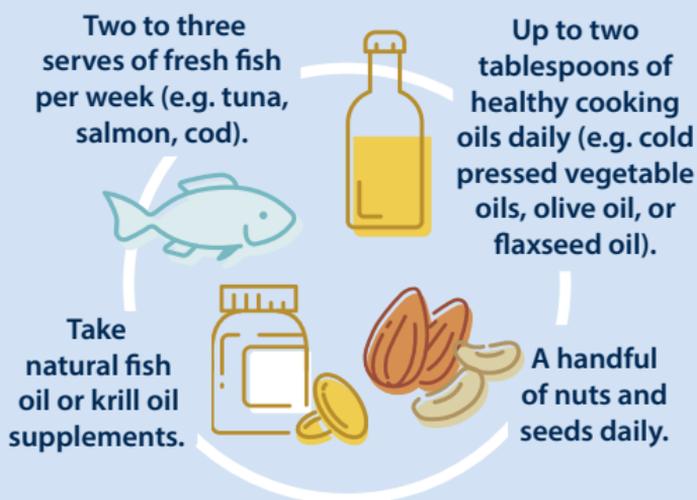
Dry skin, hair and nails are a sign of omega-3 essential fatty acid deficiency.



EFAs ensure that every single cell in your body is healthy and happy. With a **flexible cell membrane**, cells are able to receive vital nutrients, such as oxygen, and eliminate waste products effectively.

Good dietary fats at the dinner table

To boost your omega-3 essential fatty acid levels, include these in your diet on a regular basis:



A quality fish oil is an excellent source of omega-3

Fish oil provides a rich source of omega-3 EFAs known as EPA (eicosapentaenoic acid) and DHA (docosohexaenoic acid).

Fish oil is effective in achieving the outstanding benefits of omega-3 EFAs, when taken on a daily basis as part of a life-long health maintenance strategy.

Concentrated omega-3 EFA formulas are available in either liquid form or convenient capsules. A high-potency omega-3 EFA supplement is best, as it means you don't need to take as many capsules or as much liquid to get a powerful, therapeutic dose of EPA and DHA.

Your Practitioner can test your omega-3 status to help determine if you are omega-3 deficient and require supplementation as well as recommended adequate dosing.



Why should you insist on quality fish oil?

A high quality fish oil means it is clean, concentrated and fresh to give you and your family the best health outcomes. Your Practitioner can discuss with you how to choose a Practitioner-only fish oil that has been produced using extensive and meticulous processes and testing. Below are the steps involved - from raw material to a finished fish oil product, that will provide you with quality and best results:



Purification of fish oil is important so the oil is not affected by contaminants such as pesticides, solvents, plasticisers, radiation, genetically modified organisms and heavy metals.



Fresh fish oil is a must! Production of fish oil must be done in a time critical manner to avoid exposure to heat, light and oxygen and prevent oxidation of the oil and rancidity.



Thorough fish oil testing involves testing externally and by the company themselves which helps confirm purity and safety of your fish oil so you can **be assured your oil exceeds international standards.**



Fish oil **manufacturing and storage** needs to occur in **controlled conditions** when it comes to temperature and humidity, these are factors that can compromise the quality of the oil.



Look for a company who owns **high quality manufacturing/laboratory facilities** and sophisticated technology with specialist scientists. This allows the company to control what happens every step of the way when **producing, testing and storing** fish oil.



Ensure the company making the fish oil **cares about environmental impact** and has a certification, such as *Friends of the Sea*, for **sustainable and eco-friendly** fish oil practices.



Genetic Potential Through Nutrition

For more information ask your Practitioner about the best omega-3 essential fatty acid supplement for you.

The supplements selected for you in this clinic have been prescribed for your specific health needs. Products purchased elsewhere may not provide similar results.



Metagenics acknowledges and pays respects to the past, present and future Traditional Custodians and Elders of this nation. We acknowledge the Yuggera, Turrbal and Jagera people, the Traditional Custodians of the land on which this resource was created.