



Category 7
Nutritional Oils / Lecithin



GOODFORYOU

GOOD FOR LIFE

Omega 3

(Fish Oil) #101650 100 Sgel

Description: Our diets are too sparse in essential fatty acids especially **Omega 3**. When we are deficient in these essential oils we will develop a variety of conditions such as dry skin, achy joints, asthma and allergies. Some of the best food sources of the **Omega-3's** have gone "out of fashion". Fish is a good example. Omega-6's are much more available in our food than **Omega-3's**, as omega-6 is found in cereal, whole-grain bread, nuts, sunflower seeds, peanuts, beans, eggs, poultry, and pork. More often than not we are more deficient in **Omega-3** than 6.

Contents / Ingredients

Omega-3 oils belong to a very special group of fats called the **essential fatty acids**, the keyword being "essential." In medical terms, this means that these particular fats are necessary for life and health. There is no way you can stay healthy without them. Scientists discovered that of all the fats in plant and animal foods, only two had to be obtained from the diet. The two we humans require are in the **Omega-3** and **Omega-6** families of the essential fatty acids.

Omitting these fatty acids from the diet can bring on serious health consequences just as if your diet did not supply you with enough vitamins or essential minerals.

Omega-3 reduces the risk of heart disease. Omega-3's are natural blood thinners. They keep the blood fats known as triglycerides down at safe levels, lower blood pressure if it is high, and help the arteries to stay elastic and free of inflammation. In general, the omega-3's are needed for good blood circulation.

Second, as **natural anti-inflammatory agents**, the omega-3's also help to prevent, or ease the symptoms of, ailments such as asthma, arthritis, menstrual cramps, and migraine headaches.

Third, **the retinas of the eyes especially need the omega-3 oils for proper vision.** In addition, the omega-3's are needed to prevent damage to and increase circulation in the tiny blood vessels in the eyes, just as they benefit the blood vessels to the heart.

Fourth, when you add the omega-3 oils to your diet, you get "brain food." **Omega-3's happen to be a big part of your gray matter.** Researchers report that in certain countries where lots of fish is eaten, people have very low rates of depression, as compared to the United States, for example, where little fish is consumed and depression is a big problem. Fifth, the omega-3's reduce the risk of cancer.

Although both the omega-3 oils from flax, and fish oils are essential for health, they have different and often opposite effects. The "parent" molecule in the omega-3 family of fatty acids is alpha-linolenic acid (LNA). **LNA** comes mainly from plant foods, with good sources being flaxseeds, flaxseed oil, canola oil (from rapeseeds), walnuts, and green leafy vegetables such as purslane. Plant foods rarely contain **EPA** or **DHA**, which are found in fish oils.

Fish and shell fish, on the other hand, usually contain just a little LNA, but lots of EPA and DHA, with fish having more than shellfish because their tissues have more fat, most of it EPA and DHA. Therefore, the oils extracted from fish can be concentrated sources of EPA and DHA.

We recommend you rotate oils to gain a full therapeutic value.

Traditional Therapeutic Action

Supplement Facts

	Serving Size 2 Softgels	Servings per Container 50	Amount Per Serving	% Daily Value
Calories				20
Calories from Fat				20
Total Fat			2 g	3% (**)
Saturated			0.5 g	3% (**)
Polyunsaturated			1 g	(*)
Monounsaturated			0.5 g	(*)
Cholesterol			12 mg	4%
Natural Fish Oil Concentrate	2 g (2,000 mg)			(*)
Omega-3 fatty acids	680 mg			(*)
Eicosapentaenoic Acid (EPA)	360 mg			(*)
Docosahexaenoic Acid (DHA)	240 mg			(*)
Other Omega-3 Fatty Acids	80 mg			(*)

(*) Daily Value not established

(**) Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Fish Oil Concentrate, Gelatin, Glycerin, Water and Natural Vitamin E.

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, milk, egg or preservatives.

SUGGESTED DOSAGE: As a dietary supplement, take 2 softgels 1 to 3 times daily with meals.

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.