

Cognitive (or brain) health



Eye health and vision



Healthy arteries



Healthy skin



Joint and bone health

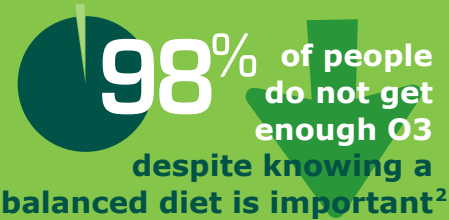
Every human has a basic nutritional need for Omega-3s (O3)



Thousands of studies demonstrate the numerous health benefits of **Omega-3 fatty acids**, eicosapentaenoic (EPA) and docosahexaenoic (DHA).

YET, STUDY FINDINGS

from the Global Nutrition and Health Alliance (GNHA) show that:



GETTING ENOUGH O3

Since O3s are not produced naturally within the body, you can **increase your daily intake** with O3-rich foods and supplementation.

Fresh cold-water fish
(mackerel, salmon, sardines)

325 mg or more per 3.5oz serving³

Fortified food & beverages
(eggs, milk, bread)

30-100 mg per serving



OTC supplements provide

350-1200 mg of O3

It can be hard to get enough O3s via food alone.

If you're not getting enough, consider a supplement to help provide optimal nutrition.

REFERENCES: 1. www.globalnutritionhealth.org 2. Thuppal, S.V.; von Schacky, C.; Harris, W.S.; Sherif, K.D.; Denby, N.; Steinbaum, S.R.; Haycock, B.; Bailey, R.L. Discrepancy between Knowledge and Perceptions of Dietary Omega-3 Fatty Acid Intake Compared with the Omega-3 Index. Nutrients 2017, 9, 930. 3. <http://alwayssomega3s.com/learn/how-much-omega-3-do-you-need>