

Omega-3

OMEGA-3

Essential Fatty Acids

When you think of fats, you usually think of foods that, though tasty, will deteriorate your health and even cause you to gain weight. But not all fats are created equal. While many fats, especially saturated fats, should be avoided because they harm the body, essential fatty acids (EFAs) are just that—essential for good health. Your body's inability to produce EFAs means that you must obtain them through your diet or through supplementation. The most common sources of these important nutrients are found in flax seeds, marine fish and green leafy vegetables. Unfortunately, most people do not consume enough of these foods to meet the body's needs.

Cellular Integrity

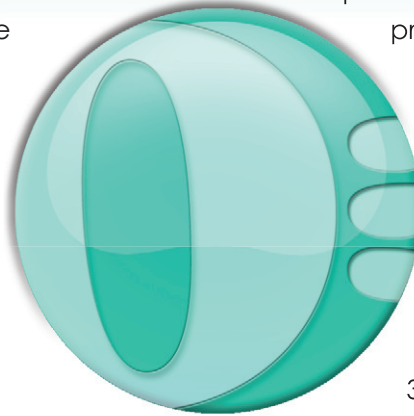
The body needs Omega-3 EFAs to manufacture and repair cell membranes, enabling the cells to obtain optimum nutrition and expel harmful waste products. When the body lacks EFAs, it uses saturated fats to create cell membranes. This substandard arrangement produces cells with rigid, inflexible membranes that have difficulty performing some basic cellular functions.

Brain Health

Brain tissue is largely made up of fatty acids. Thirty percent of the gray matter in the brain is comprised of the essential fatty acid DHA (docosahexanoic acid). DHA is vital to brain development and maintenance. In children, it is correlated with the development of cognitive skills. In adults, it supports brain tissue health and maintains brain function.

Cardiovascular Support

Omega-3 essential fatty acids are necessary for heart health and cardiovascular function. A primary function of EFAs is the production of prostaglandins, hormone-like compounds that regulate body functions such as heart rate, blood pressure and blood clotting. They play an important role in the life and death of cardiac cells because they are essential fuels for mechanical and electrical activities of the heart. Recent medical studies show that consumption of omega-3 fatty acids may reduce the risk of coronary heart disease.



From the brain, to the heart, to the individual cell, Omega-3 essential fatty acids play important roles in sustaining health. Getting sufficient amounts of these vital nutrients through the diet is difficult, which makes supplementation imperative. Nature's Sunshine's Omega-3 products provide 1,000 mg of fish oil per softgel capsule.

NATURE'S SUNSHINE[®]
Habit of Health