

Nature's Sunshine Products

Omega-3



Why are Omega-3 fatty acids so important? Omega-3 fatty acids are a form of polyunsaturated fat that our bodies require in order to maintain health. Years of clinical studies confirm that a diet rich in Omega-3s is essential for a healthy immune system, cardiovascular system, and to prevent some autoimmune diseases.



Most people eat a diet that is high in saturated fats. This kind of diet has been associated with the development of degenerative diseases that are common in our society, including heart disease, arthritis, and even cancer. Polyunsaturated essential fatty acids, however, are actually good for you. Omega-3s (like those in Nature's Sunshine's Omega 3) fall into this category, along with omega-6s, another type of polyunsaturated fatty acid found in grains, most plant-based oils, poultry, and eggs.

Why "essential?" Omega-3s are called essential fatty acids (EFAs) because they are required for good health. However, the body cannot make them on its own. For this reason, Omega-3s must be obtained from the food we eat or the supplements we take, thus making outside sources of these fats "essential" for optimal health.

It is recommended that adults consume about 1000mg of Omega-3 fatty acids each day. This can be in the form of cold water fish or Omega-3 supplements. However, some types of fish and some supplements contain elevated levels of mercury, PCBs (polychlorinated biphenyls), dioxins and other environmental contaminants. These contaminants are extremely detrimental to your health. This is why Nature's Sunshine's quality assurance team extensively tests all raw materials that go into making its supplements so you can be sure your getting the purest source of Omega-3 available.





Cardiovascular: Having a sufficient amount of Omega-3 fatty acids in the diet helps support the heart by helping the body maintain proper levels of good and bad fats. It also helps keep the heart and veins flexible and healthy.

Mental Health: Omega-3 fatty acids are important components of nerve cell membranes. They help nerve cells communicate with each other, which is an essential step in maintaining good mental health.

Skin: Researchers have found that without a sufficient supply of these fatty acids, the body will use saturated fat to construct cell membranes. The result is older looking, less elastic skin that takes longer to heal and tends to show wrinkles more quickly.

Pancreas: Omega-3 fatty acids may help the body improve the way it uses its own insulin which could benefit those who need extra pancreas support

Joint Health: Omega-3 fatty acids can help the body maintain a healthy inflammatory process. This can help you feel your best both during and after physical activity.

As you can see, Omega-3 essential fatty acids play a critical role in keeping us healthy. Since our bodies do not manufacture these fatty acids and most of us do not consume sufficient Omega-3s to keep us healthy, we must rely on supplements like Nature's Sunshine's Omega-3 Hi EPA to supply us with the purest source of these important nutrients. Feel the difference having sufficient Omega 3 fatty acids can make in your life. Try Nature's Sunshine Omega 3 Hi EPA

Your NSP Distributor



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