

OMEGA 3 FISH OIL

Clinicians Omega-3 Fish Oil provides a high-quality source of fish oils containing DHA and EPA essential fatty acids (18:12 ratio of essential fatty acids).

Both these forms of fatty acids are important in supporting heart health, circulation, joint mobility, mood, mental clarity and focus as well as general health and wellbeing.



Omega 3 is essential to the body, often lacking in a typical modern diet.

BENEFITS

Omega 3 Fish Oil Benefits

- Supports joints and mobility
- Supports mental clarity and mood
- Beneficial for heart health, circulation and nervous system support
- Supports hormonal health in women
- Use Omega-3 for immune system balance and general health and wellbeing

Omega 3 Fish Oil Features

- Omega 3 Fish Oil contains a rich source of Omega-3 essential fatty acids (EPA and DHA) from a mixed source of deep sea fish, together with vitamin E.
- Can be used alongside conventional medication
- Suitable for all age groups



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FISH OIL **VS** FLAXSEED OIL

There are two natural sources of omega 3 fatty acids – (1) marine animals and (2) plants.

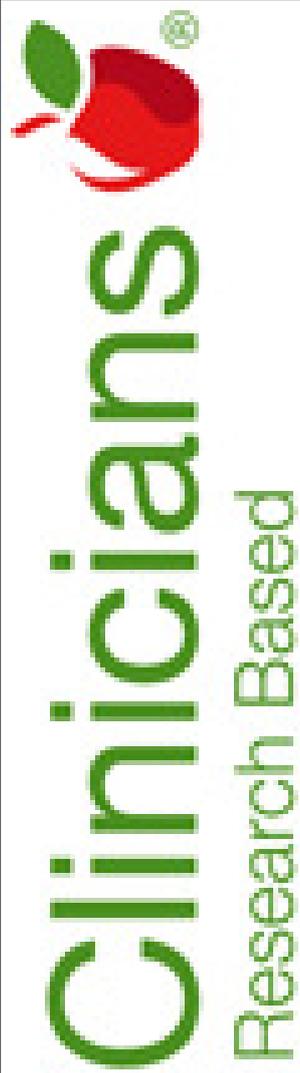
The omega 3s that come from marine animals are DHA and EPA.

EPA (eicosapentaenoic acid) helps the body lower inflammation which protects against heart disease, kidney disease, rheumatoid arthritis, inflammatory bowel disease, psoriasis, eczema and asthma. DHA (docosahexaenoic acid) is needed for our brains to function.

The omega 3 that comes from plants is ALA (alpha-linolenic acid), which is then converted by your body into the DHA and EPA.

Both fish oil and flax seed oil have benefits and potential drawbacks. Fish oil is an excellent and usually uncontaminated source of EPA and DHA, which the body uses to make the “calming” omega-3 fatty acids and keep the brain healthy. Consuming them directly can ensure that one gets enough. Flax seed oil contains ALA, which the body can use to make all the omega-3s that it needs. The body needs ALA to make other omega-3s, even when it gets enough EPA and DHA from fish or fish oils.

In conclusion, why limit oneself to either/or when it's better to have both? Eating a modest amount of fish or fish oil ensures a direct supply of EPA and DHA, while adding flax seed oil to one's diet ensures a healthy intake level of ALA. Every cell in your body will thank you for it.



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