

The Holistic Truth

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Good Fats and Why They Are Important

Omega 3 comes from both animal and plant sources, however Omega 3 is most commonly derived from fish such as krill. The primary plant sources are flaxseed, chia and hemp.

Omega-3 is among the most important essential nutrients someone can intake daily. In 2008, the American Journal of Clinical Nutrition published several studies that investigated the role of EPA and DHA in elderly populations. What the study found was that low concentrations of EPA and DHA resulted in increased risk of death from all causes and accelerated cognitive decline. Because of these findings it is believed that Omega-3 intake would certainly help with long term health benefits.

EPA, DHA, and ALA

Marine animals such as fish and krill provide EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) both of these are considered to promote positive effects on heart health. Meanwhile flaxseed, chia, and hemp offer alpha-linolenic acid or ALA. While all three of these are linked to health benefits, EPA and DHA are the preferred form of Omega-3 fats. While ALA is converted by the body into DHA and EPA, your body can only convert a relatively small amount into EPA and DHA. Regardless the ALA from plant sources is preferred by those who follow a vegetarian diet. While the body's process is different, EPA, DHA, and ALA are suggested for better health.

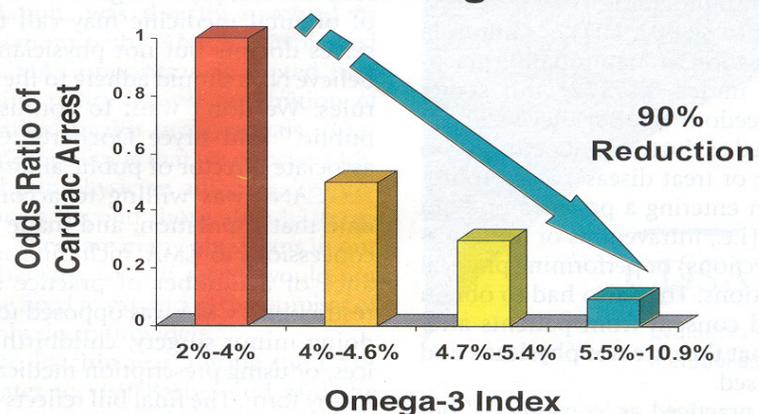
Major Benefits

Omega-3's provide some key benefits such as heart health. An Italian Study (GISSI) of over 11,000 heart attack survivors showed that those who began fish oil supplements had a noticeably reduced risk of another heart attack. Furthermore, American Medical Researchers reported men who had been consuming fish multiple times per week had a 50 percent lower risk of sudden cardiac events.

Another major benefit to Omega-3's is the effect it has on normalizing cholesterol triglyceride levels. Compared to harmful statin drugs both fish and krill oil are more effective at this task. Studies have shown that omega-3 fats are anti-arrhythmic meaning they help with preventing cardiac arrhythmia. They also seem to be anti-thrombotic, anti-atherosclerotic, and anti inflammatory.

DHA in Omega's is also linked to increased health for children as well. In June of 2013, Plow One published a study which found that low levels of DHA were linked to poorer reading, memory, and behavioral problems in healthy school-age children. The American Journal of Clinical Nutrition found, in August of 2013, that children who consumed omega-3 fat supplements as infants scored higher on rule learning,

Risk of Primary Cardiac Arrest and the Omega-3 Index



Good Fats Found In Your Diet

Monounsaturated Fat

- Avocados
- Olives
- Nuts (almonds, peanuts, macadamia nuts, hazelnuts, pecans, cashews)
- Natural peanut butter (containing just peanuts and salt)



Polyunsaturated Fat

- Walnuts
- Flaxseed
- Sunflower, sesame, and pumpkin seeds
- Fatty fish (salmon, tuna, mackerel, herring, trout, sardines)
- Soymilk and tofu



Fish: Best Source of Omega 3

- Salmon
- Herring
- Mackerel
- Anchovies
- Oysters
- Sardines
- Lake trout
- Pole and line-caught tuna



Vegetarian Source of Omega 3

- Algae such as seaweed
- Brussels Sprouts
- Kale
- Spinach
- Parsley

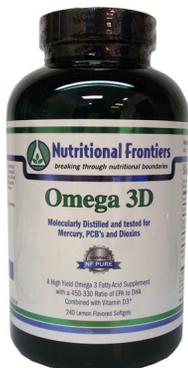


vocabulary, and intelligence testing at ages 3 to 5. Furthermore, previous studies indicated that children with attention deficit hyperactivity disorder (ADHA) were more likely to have low omega-3 levels.

Omega-3 has been found to help with an uncommon but worrisome illness called SBS or Short Bowel Syndrome. SBS can occur from birth when a portion of the intestine fails to develop. This syndrome is often due to infectious inflammatory diseases found in premature newborns. Adults are not exempt from this syndrome, and in fact can develop it from surgery for Crohn's disease or by injury.

Professional Supplements

There are several Omega-3 supplements offered by various companies throughout the U.S. and the world, but not many come in a satisfactory delivery system. Nutritional Frontiers has worked to remedy this problem so that consumers and professionals can use and distribute the highest quality Omega's available on the market.



Omega 3D

Features a high yield omega 3 softgel with a 450-330 ratio of EPA to DHA combined with Vitamin D3. Omega 3D is a blend of non-GMO natural oils from Fish that combines the health benefits of Omega 3 and Vitamin D3. It is a comprehensive "multi" fatty acid supplement that is rich in EPA, DHA and Vitamin D3. It provides a healthy balance of essential fatty acids that are critical to total body health. These fatty acids play a vital role in the structure of cell membranes, healthy hair and skin, and support cardiovascular, nerve, neurological and immune system functions. Omega 3D also provides the desirable ratio of Omega 3 to Vitamin D3 for more efficient and beneficial prostaglandin production. Independently third party tested for mercury, PCB, and dioxins.



Omega 3 Liquid 2800

The liquid form is a great tasting, easily absorbable, triple strength Omega source, providing you with 2,800mg of Omega 3 Fatty Acids. This is considered a therapeutic dose of Omega 3. Designed for kids, elderly, and those with digestion issues. Unlike the Omega 3D softgels, this formula does not contain Vitamin D.

Omega E.C.

is an extra strength enteric coated Omega-3 fatty acid supplement to support cholesterol levels within normal ranges without a fishy after taste. Each Omega E.C. softgel is enteric coated to reduce digestive upset and can be taken with or without meals. Omega E.C. is from deep cold water fish that are wild caught. The oil is cold pressed, molecularly distilled and assayed for heavy metals. Great for those with GI/colon issues.



Krill Oil

is derived from Antarctic Krill, which naturally contain a unique blend of omega-3 and omega-6 fatty acids, phospholipids and choline, as well the antioxidants: Vitamins A and E and astaxanthin.

Krill Oil is a supplement that supports:

- healthy cardiovascular function
- joint and skin health
- mental alertness
- menstrual comfort

Krill Oil is Independently Tested for superior antioxidant activity, stability and safety. The fats in Krill Oil are in the form of phospholipids, which means they are highly bioavailable, absorbable and immediately available to help protect cell membranes.



Coco Flax

An alternative to fish and krill oil, this blend of coconut and flax seed oil contains the essential fatty acids you need to support: joint comfort, cardiovascular health, neurological functions, immune health, and skin health.

Coconut Oil may help boost metabolism, immune system response, improve cognitive functions, and increase the ratio of HDL to LDL. Flaxseed Oil is rich in omega 3, 6, and 9 fatty acids that may reduce pain and stiffness, lower blood sugar, lower blood pressure, reduce cholesterol, and boost metabolism. Combined into one easy-to-swallow softgel and receive all the benefits.



Frontier Flax

- Provides Omega 3, Omega 6 and Omega 9 Essential Fatty Acids.
- Is a great vegetarian source of Omega 3 fatty acids.
- Naturally provides a 1:4 ratio of Omega 6 to Omega 3 fatty acids.
- Supports Cardiovascular and Immune System functions.
- Supports Prostaglandin Balance.

Provides Essential Fatty Acids:

Essential fatty acids (EFAs) are polyunsaturated fats that the body cannot manufacture and must be obtained from foods. Omega 3 EFAs are produced from Alpha-Linolenic Acid (ALA). They are especially important for the heart, brain and cell membranes. Omega 6 EFAs are made from Linoleic Acid (LA). The body uses them to support immune system function and skin health. Omega 9 or Oleic Acid is a monounsaturated fatty acid not considered essential because the body can produce it. They may help support cardiovascular function. Flax Seed Oil Naturally Provides a 1:4 ratio of Omega 6 to Omega 3. Research indicates the American diet has a ratio of 20:1 in favor of the Omega 6 fatty acids. Ideally this ratio should be 4:1 (Omega6/Omega3). The ratio of the Omega 6 to Omega 3 fatty

acids in Flax Seed Oil is 1:4 (150 mg of LA to 585 mg ALA). Most diets supply much higher amounts of Omega 6 as compared to Omega 3 causing an imbalance of the Omega6/Omega3 ratio.

