

# XYNERGY PRODUCT INFORMATION

## Omega 3 – winning hearts and minds

Essential Fatty Acids are part of the structure of every cell in our bodies. The human body cannot manufacture EFAs and so we have to get them from our diets – which could go quite a long way to explaining declining health standards in the western world.

Our bodies need EFAs to maintain a healthy heart, a healthy brain, and healthy organs, eyes, skin, joints, hair and immune system. Research shows that omega-3 fatty acids reduce inflammation and may help lower risk of chronic diseases such as heart disease, cancer, and arthritis. Omega-3 fatty acids are highly concentrated in the brain and appear to be important for cognitive (brain memory and performance) and behavioral function. In fact, infants who do not get enough omega-3 fatty acids from their mothers during pregnancy are at risk for developing vision and nerve problems. Symptoms of omega-3 fatty acid deficiency include fatigue, poor memory, dry skin, heart problems, mood swings or depression, and poor circulation.

PLUS, the good news for sun worshippers is that EFAs have been shown to provide a natural sunscreen from the inside out. They also help maintain good memory function and may combat symptoms of depression.

### Fish source

There are three main Omega-3 fatty acids: Alpha-linolenic acid (ALA), Eicosapentaenoic acid (EPA) and Docosahexaenoic acid (DHA). EPA and DHA are only found in meaningful quantities in fish such as salmon, tuna, and halibut, other seafood including algae and krill, some plants, and nut oils. But the best source comes from marine life, mainly oily fish. The health properties have been known to be essential for growth and health since the 1930s. But the subject has been heavily researched since the 1990s and so the quality, strength and purity of ethyl esterized omega-3 fatty acids has been improved greatly.

It is important to have the proper ratio of omega-3 and omega-6 (another essential fatty acid) in the diet. Omega-3 fatty acids help reduce inflammation, and most omega-6 fatty acids tend to promote inflammation. The typical western diet tends to contain 14 - 25 times more omega-6 fatty acids than omega-3 fatty acids, which nutritionists consider way too high on the omega-6 side.

The Mediterranean diet, on the other hand, has a healthier balance between omega-3 and omega-6 fatty acids. Many studies have shown that people who follow this diet are less likely to develop heart disease. The Mediterranean diet emphasizes foods rich in omega-3 fatty acids, including whole grains, fresh fruits and vegetables, fish, olive oil, garlic, as well as moderate wine consumption.

### Uses

Clinical evidence is strongest for heart disease and problems that contribute to heart disease, but omega-3 fatty acids may also be used for high cholesterol, high blood pressure, rheumatoid arthritis, diabetes, osteoporosis, depression, bipolar disorder ADHD, cognitive decline and schizophrenia.

### Xynergy comment:

The importance of Omega-3s cannot be understated. As the typical western diet is laden with inflammatory Omega-6s, we need Omega-3s to rebalance. The new Comvita Omega 3 Fish Oil products are the best we have found on the market in the UK. Not only do they offer far greater choice than most, they are also produced from sustainable fish stocks taken from the Pacific where pollution levels are low. The fact they come in soft gels or fruit-flavoured liquids helps. For example, the Ultimate DHA product, made from anchovy, sardine and mackerel are specially formulated to support brain and visual function. Whilst, the Ultimate EPA/DHA is known to help maintain blood triglyceride levels, cardiovascular health and normal brain function.