

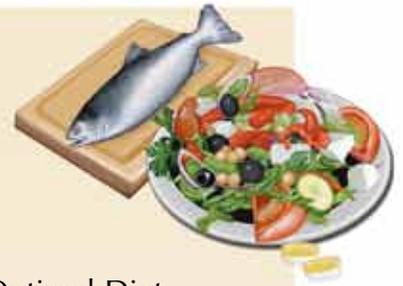
# Omega-3 Fats and Your Health

## Diet and the Inflammatory Response

The ratio of omega-6 to omega-3 fatty acids within a cell membrane directly influences health.



The Standard American Diet  
High in OMEGA-6



Optimal Diet  
Rich in OMEGA-3 and GLA

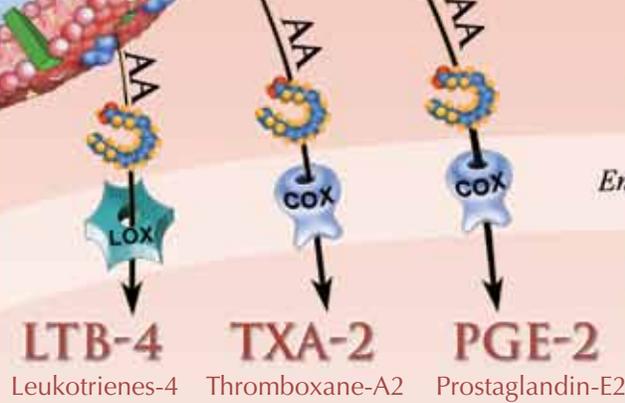
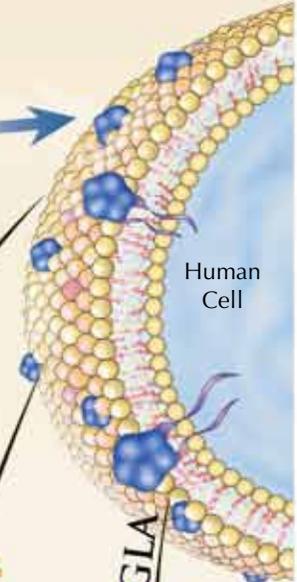
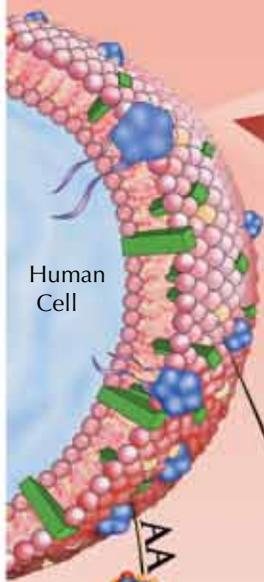


## The Immune Response

When the immune system is activated, it releases fatty acids from the cell membrane. These fatty acids are converted to molecules as part of the body's natural healing response.

PROINFLAMMATORY

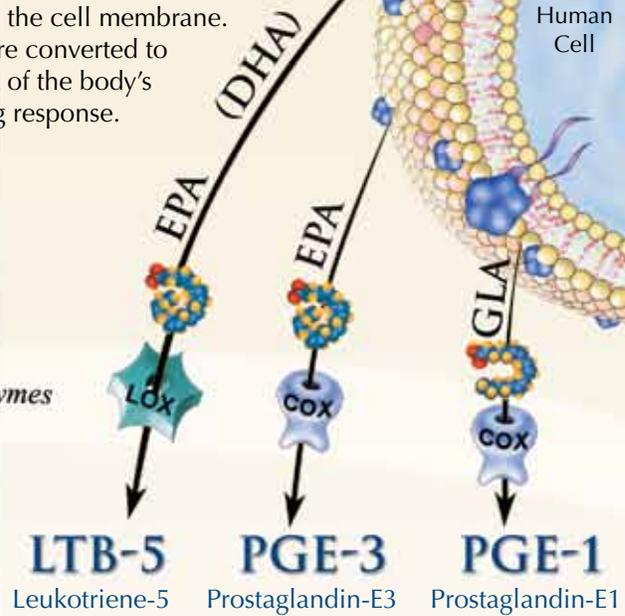
ANTI-INFLAMMATORY



- Promotes inflammation
- Increases blood clotting
- Increases pain
- Constricts blood vessels



PROINFLAMMATORY



- Promotes anti-inflammatory response
- Improves circulation
- Decreases pain
- Relaxes blood vessels



ANTI-INFLAMMATORY

AA: Arachidonic Acid



DHA: Docosahexaenoic Acid  
EPA: Eicosapentaenoic Acid  
GLA: Gamma-Linolenic Acid

# Benefits of Omega-3 Essential Fatty Acids from Fish Oil

Omega-6 fats promote inflammation. Omega-3 fats help resolve inflammation. A healthy diet provides a balance of omega-6 and omega-3 fats, but in the typical Western diets the ratio of omega-6 to omega-3 fatty acids ranges from 15:1 to 30:1 instead of the optimal range of 1:1 to 2:1.

A healthy diet rich in EPA, DHA, and GLA reduces inflammation, optimizes brain function, improves heart health, and provides significant disease protection.

Fish oil is the best source of the omega-3 fatty acids EPA and DHA. Evening primrose and borage oils are the best sources of the omega-6 fatty acid GLA. Essential fatty acid supplements vary in the amounts and ratios of EPA, DHA, and GLA that they provide. Your doctor may choose a specific essential fatty acid blend based on your individual health needs.

## EPA (Eicosapentaenoic Acid) Healthy heart and body

- Anti-inflammatory
- Supports cardiovascular health
- Promotes healthy metabolism
- Reduces joint pain and inflammation
- Improves circulation
- Supports healthy aging

## DHA (Docosahexaenoic Acid) Healthy mood, mind, and memory

- Supports memory, learning, focus, and concentration
- Promotes cognitive health as we age
- Supports optimal brain function
- Protects eyes from age-related damage
- Supports positive mood and behavior
- Promotes a healthy pregnancy
- Supports the developing fetus, infant, and child

## GLA (Gamma-Linolenic Acid) Healthy skin, hair, and hormones

- Helps relieve symptoms of PMS, such as mild mood changes, cramps, and edema
- Maintains hormonal balance via prostaglandin metabolism
- Promotes smooth, healthy looking skin
- Supports healthy joints
- Reduces inflammation in the lungs
- Supports mental well-being

