

# Megawel

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## Omega 3-6-9 Fish Oil (Condensed Formula)

Omega 3-6-9 is a special combination of deep sea cod fish oil, natural olive oil and flaxseed oil. Unsaturated fatty acids in the oils support a healthy cardiovascular system, supple joints and overall health of the body.<sup>[1]</sup>

### Unsaturated Fatty Acids Promote Heart and Brain Health

#### Omega-3 Fatty Acids

Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are the most important omega-3 fatty acids found in deep sea cod fish oil and some vegetable oils. EPA and DHA are essential fatty acids for human. Accumulation of fatty plaques in blood vessels significantly increases the risk of stroke, heart disease, hypertension and myocardial infarction. Omega-3 can help to reduce blood cholesterol and triglycerides, promote vasodilation and allow good blood circulation. These all contribute to the health of heart.<sup>[1,2]</sup> As our body cannot synthesize omega-3, we rely on intake from diet. One of the choices is deep sea fish oil, a rich source of EPA and DHA.

DHA is essential for pregnant and nursing mothers. For young children, DHA promotes healthy development of the nervous system, brain and vision. Scientific reports show that omega-3 has anti-inflammatory properties and aids brain cell functions. Omega-3 can therefore help relieve conditions like rheumatoid arthritis, skin irritation and dementia. It is also good for vision and renal functions.<sup>[1]</sup>

#### Omega-6 Fatty Acids

Linoleic acid (LA) and gamma linolenic acid (GLA) are essential omega-6 fatty acids. Health Canada approves omega-6 as a nutrient to maintain good health. It helps to keep our skin healthy, aids liver function and alleviates premenstrual discomfort. Omega-6 is also an excellent fatty acid to relieve rheumatoid arthritis, eczema and psoriasis.<sup>[1,2,3]</sup>

#### Omega-9 Fatty Acids

Oleic acid belongs to another family of unsaturated fatty acid, omega-9. It benefits heart health, stimulates bile secretion and emulsification of fats. As such, excess cholesterol can be excreted from the body and it helps reduce the burden of the cardiovascular system and liver.<sup>[1,4]</sup>

#### Olive Oil

Special oil extraction method of olive oil from the fruit preserves the natural constituents in it. Anti-oxidants in olive oil protect body cells and cardiovascular system. Moreover, olive oil contains multiple unsaturated fatty acids, omega-6 LA and omega-9 oleic acid, making it effective in reducing triglyceride level in blood. Lipid plaques on artery inner wall would prompt to form blood clots and atherosclerosis. With plenty of unsaturated fatty acids and anti-oxidants, olive oil has been well-known as the "healthy oil" for the heart and blood vessels.<sup>[1,5]</sup>

#### Flaxseed Oil

Flaxseed oil provides alpha linolenic acid, ALA, an omega-3 fatty acid that can be converted into EPA and DHA in the body. Flaxseed oil can help to maintain a good balance of omega-3 and omega-6 fatty acids in the body, which promotes production of anti-inflammatory factors. It can help to relieve various joint and skin inflammatory disorders and allergies. Conventional anti-inflammatory drugs usually cause irritation to the stomach while flaxseed oil is a more neutral alternative. It is also beneficial for heart protection. Flaxseed oil has the potential to help the breakdown of triglycerides and reduce blood clotting. It can also help to relieve premenstrual and menopause discomforts.<sup>[1,6]</sup>

#### Benefits of Omega 3-6-9: <sup>[1,3]</sup>

1. Maintain healthy heart
2. Aid glucose metabolism
3. Good blood circulation and elastic blood vessels
4. Support children brain development
5. Relieve premenstrual and menopause discomforts
6. Maintain healthy brain cells and cognitive functions
7. Help to alleviate chronic inflammation and allergies
8. Anti-oxidizing
9. Lubricate the joints and nourish the skin

#### Recommended daily dose:

Adult: Take 2 softgel capsules 2 times daily.

Children aged 3 and over: Take 1 softgel capsule 1-2 times daily or as directed by physicians.

#### Precautions:

If you have bleeding problems, or undergoing any other treatment which may affect the ability of blood to clot, consult your physician before taking this product.

#### References:

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