



How To Obtain EPA And DHA?

Omega-3 fatty acid is rich in polyunsaturated fatty acids, mainly EPA and DHA. However, human body cannot synthesize these fatty acids and therefore they can only be obtained from diet.^[1] Eating fish may not be a good option because they may be contaminated by environmental pollutants such as mercury, PCB (polychlorinated biphenyls). As an alternative, we can take fish oil softgel capsules as dietary supplement which can avoid polluted chemical substances and ensure sufficient intake of omega-3 fatty acids.

Omega-3 Fish Oil from wild ocean fish that live in the cold, clean and unpolluted water of the Pacific coast of Alaska is rich in EPA and DHA. It can help nourish the skin, lubricate the joints, and also keep your heart, blood vessels, eyes, brain and peripheral nervous system healthy.^[1-2]

Promote Cardiovascular Health

Studies show that omega-3 fatty acids can assist in maintaining blood pressure, prevent lipid accumulate on the blood vessel and control lipid molecules in blood. Omega-3 fatty acids may also elevate the HDL level which may decrease the risk of arteriosclerosis.^[1]

Promote Joint Health

Resolvins are compounds that are made by the human body from EPA and DHA. Resolvin D2 enhances the production of nitric oxide which prevents white blood cells from being attached to

the joints.^[3] Hence, it helps in relieving pain and swelling in the joints.^[4]

Maintain Normal Brain Function

Omega-3, especially DHA, is one of the important elements in neurotransmission in the brain. Diminishing omega-3 fatty acids level as we age may contribute to memory loss. Adequate omega-3 fatty acids intake could help maintain and improve memory and other brain functions.^[5]

Promote Brain Development In Infancy And Childhood

Omega-3 is crucial to the optimal development of the brain, nerve cells and retina in infancy and childhood. Studies have shown that regular intake of omega-3 could help improve vision, memory, speech and cognitive capability.^[6]

Enhance Skin Protection

Polyunsaturated fatty acids from fish oil help replenishing fats lost (from high wind or sunlight) in the skin causing skin dryness or excessive flaking. It can nourish the skin, improve skin elasticity and reduce wrinkles.^[7]

Maintain Healthy Digestive System

Omega-3 is an essential fatty acid that can activate cell functions, support healthy cells and increase resistance. It helps to maintain a healthy digestive system.^[8]

Anti-Aging Effects

Anti-aging effects and reduction of age-related diseases by omega-3 may be directly linked to maintenance of cell inflammatory response. Omega-3 fatty acids reduce inflammation that may occur in the cells and help to keep them healthy.^[1,9]

Omega-3 Fish Oil May Provide The Following Benefits:

- ◆ Maintain health of the heart^[1]
- ◆ Promote vascular elasticity and blood circulation^[1]
- ◆ Maintain cerebrovascular health^[1]

- ◆ Improve memory and cognitive capability^[5-6]
- ◆ Help reduce joint damage and swelling^[3-4]
- ◆ Promote health of nervous system and improve vision^[3-4]
- ◆ Support infants and toddlers memory, learning capability and cognitive development^[5-6]
- ◆ Improve health of digestive system^[8]
- ◆ Anti-aging effects^[1,9]
- ◆ Nourish skin and hair^[7]

Recommended Daily Dose:

For adult, take 1 softgel capsule twice daily.

For children, take 1 softgel capsule daily.

Take as dietary supplement or directed by physicians.

References:

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