

# Natures Aid: Omega 3 Essential Fatty Acids

## ESSENTIAL FATTY ACIDS (OMEGA'S)



## WHAT ARE ESSENTIAL FATTY ACIDS?

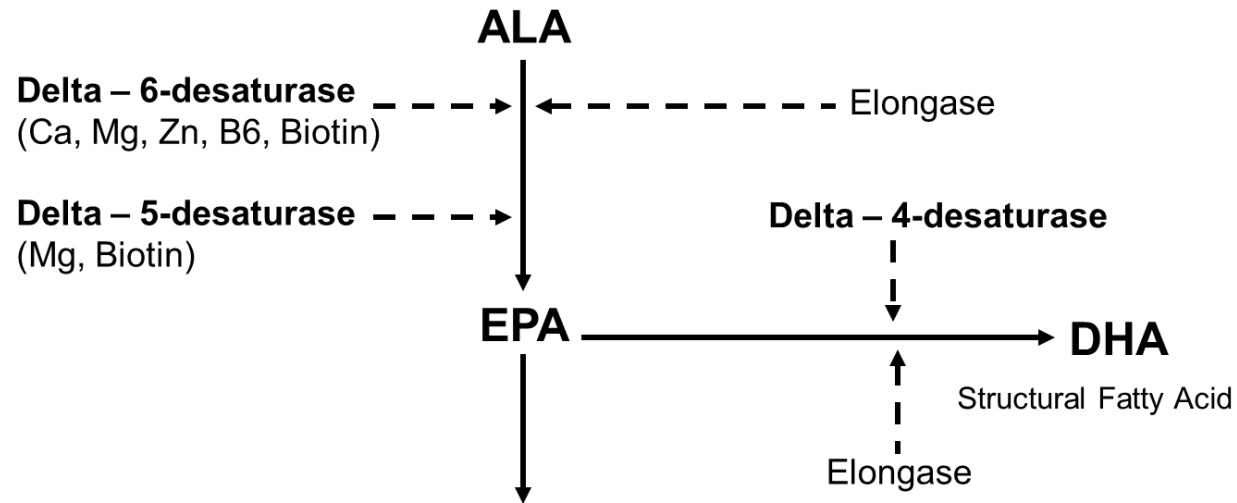
- As the name suggests, these are nutrients essential for life alongside 21 minerals, 13 vitamins and 8 amino acids.
- They are so important that there has been calls to give them vitamin status.
- They are the key building block of all fats and oils within our body from triglycerides carried in the blood to fat deposits stored in fat tissues.
- Fatty acids are the main components of the membranes that surround the cells.
- The key to Essential Fatty Acid status is the balance between Omega 3 and Omega 6.

## OFF BALANCE

- Ideal balance of Omega 6 to Omega 3 oils is 4:1 ratio.
- Consumption of oily fish is 20% of a century ago.
- Intake of Omega 6 has seen a 600% increase since the 1940's.
- Modern ratio of Omega 6 to Omega 3 may be 120:1.

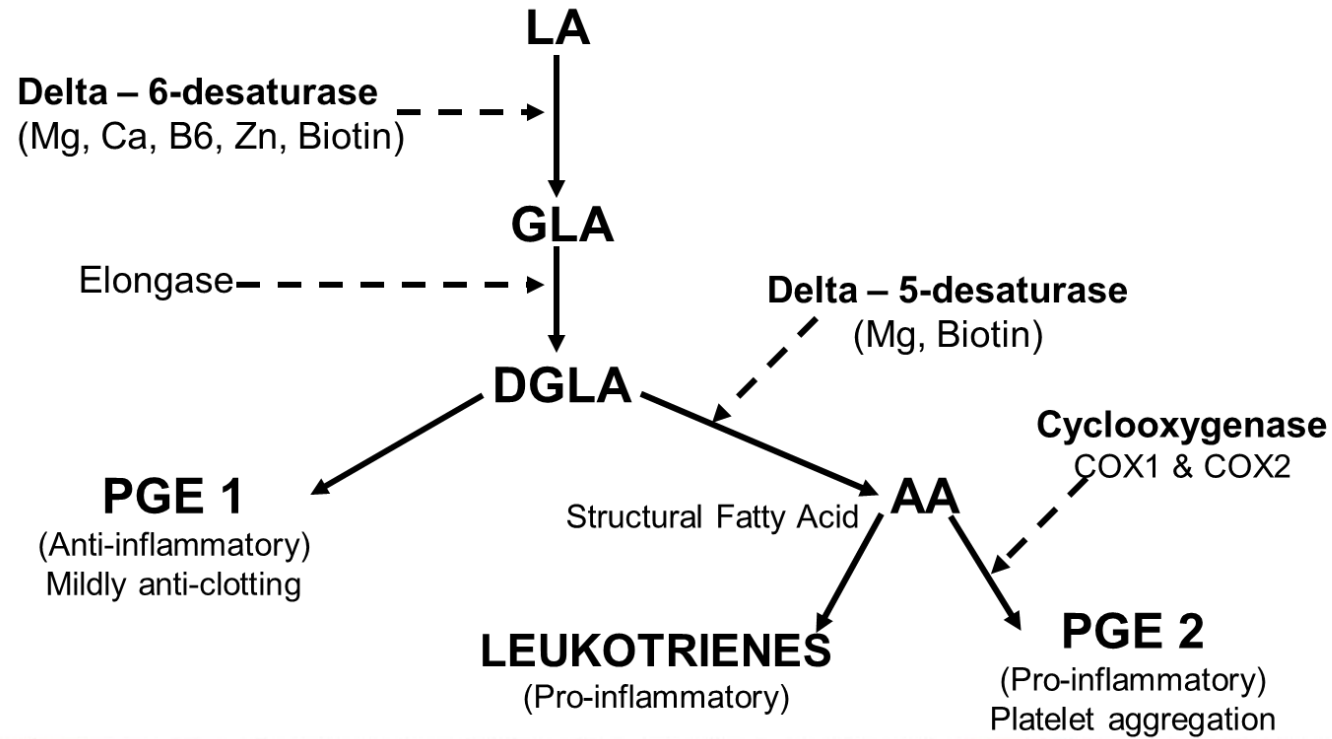


## OMEGA 3 PATHWAY



**Series 3 Prostaglandins (PGE 3)**  
Anti-inflammatory  
Reduces platelet aggregation and structural fatty acid

## OMEGA 6 PATHWAY



## **Cod Liver Oil - What Is It Good For?**

1. Healthy joints, bones and teeth.
2. Blood pressure and circulation.
3. Healthy skin and mucous membranes.

## **How Does It Help?**

- Cod Liver Oil is a rich natural source of the omega-3 essential fatty acids EPA and DHA that promote healthy circulation, have an anti-inflammatory effect and are important for optimal brain and skin health.
- Cod Liver Oil also contains vitamin A for the immune system, bone growth and night vision and vitamin D for calcium absorption and skeletal growth.

### Why buy Natures Aid?

- Pure Cod Liver Oil 550mg/1000mg
  - providing Omega-3 fatty acids 140mg/254mg
  - of which:
    - Eicosapentaenoic Acid (EPA) 44mg/80mg
    - Docosahexaenoic Acid (DHA) 50mg/90mg
  - Vitamin A 800µg
  - Vitamin D 5µg
- Pure Icelandic Cod Liver Oil 500ml
  - Providing 1190mg Omega-3 per 5ml (plus 600 µg Vitamin A/ 5 µg Vitamin D) of which:
    - Eicosapentaenoic Acid (EPA) 367mg
    - Docosahexaenoic Acid (DHA) 413mg





## Evening Primrose Oil 500mg/1000mg

### **What Is It Good For?**

1. Premenstrual syndrome.
2. Eczema and other skin disorders.
3. Cholesterol and blood pressure.
4. Rheumatoid arthritis.

### **How Does It Help?**

- Evening Primrose Oil is a rich natural source of the omega-6 essential fatty acid, gamma linolenic acid (GLA), an important fatty acid in the production of prostaglandin E1 (PGE1).
- PGE1 helps modulate the action of many hormones.

## Evening Primrose Oil 500mg/1000mg

### Why buy Natures Aid?

- Cold-Pressed not extracted using solvents, so the delicate oils remain undamaged.
- Added natural vitamin E to protect the oil once encapsulated.



## Fish Oil 1000mg/Super Strength Omega-3

### What Is It Good For?

1. Blood pressure/ Cholesterol.
2. Joint Health.
3. Brain Development and Health.
4. Mood.

### How Does It Help?

- The beneficial actions of fish oil on the body can be attributed to the content of the essential omega-3 fatty acids EPA and DHA that have a range of beneficial effects on the body.

## Fish Oil 1000mg/Super Strength Omega-3

### Why buy Natures Aid?

- Ultra low levels of contaminants. Most below the detectable range.
- Both products made from wild pilchards, anchovies and sardines from the super-clean Peruvian coast.
- Super Strength Omega-3 contains 707mg Of omega-3 per capsule.



## Sea Buckthorn Oil 500mg (Omega-7)

### What Is It Good For?

1. Mucous Membrane Support
2. Vision Support & Dry Eye
3. Cardiovascular Health
4. Hair, Skin and Nails
5. Weight Management

### How Does It Help?

- The beneficial actions of Sea Buckthorn Oil on the body can be attributed to the content of the essential omega-3 and 6 fatty acids plus the mucous membrane supporting omega-7 that have a range of beneficial effects on the body.

## Sea Buckthorn Oil 500mg (Omega-7)

### Why buy Natures Aid?

- 500mg of Sea Buckthorn Oil providing 375mg of omega-7 Palmitoleic acid and cis-vaccenic acid per daily dose of 2 capsules.
- Softgel capsule suitable for vegans and vegetarians.



## Complete EFA

### What Is It Good For?

1. Heart and circulation.
2. Brain health and development.
3. Joint Health.
4. Premenstrual syndrome and menopause support.
5. Eczema and other skin disorders.

### How Does It Help?

- Contains omega-3 and omega-6 fatty acids that produce a series of active biological substances known as prostaglandins. Prostaglandins are involved in nearly every bodily function.

## Complete EFA

### Why buy Natures Aid?

- Contains all the most potent oils - Flaxseed, Borage (starflower) and Fish (400mg of each per capsule).
- Provides 320mg omega 3, 292mg omega 6 and 168mg omega 9.
- Perfect balance to restore omega 3 levels in diets too rich in omega 6.





## Flaxseed Oil 1000mg

### What Is It Good For?

1. Heart Health (Blood pressure/ Cholesterol).
2. Joint Health.
3. Hormonal support.
4. Skin Health.

### How Does It Help?

- Contains omega-3, omega-6 and omega-9 fatty acids in a ratio of 4:1:1. Omega-3 and 6 are precursors to prostaglandins, which are very active biological substances involved in nearly every bodily function.



## Flaxseed Oil 1000mg

Why buy Natures Aid?

- Vegetarian capsule.
- Cold Pressed to protect the fragile polyunsaturates against damage from heat and oxygen.
- Perfect balance to restore omega 3 levels in diets too rich in omega 6.

