

Benefits of Omega 3- EPA/DHA fatty acids (Pharmaceutical Grade fish oil)

Fact- Dietary sufficiency of EPA/DHA Omega 3 fatty acids is essential for the proper function of every cell, tissue, organ and gland in the human body.

Fact- Just as with vitamins and minerals, your brain and body cannot make EPA/DHA Omegas 3 fatty acids, so they must be consumed in the diet.

Fact- The diet in the United States is dangerously deficient in EPA/DHA Omega 3 fatty acids. It is an incontrovertible scientific fact the foods we eat today do not contain anything close to sufficient amounts of EPA and DHA.

Fact- Traditionally humans consumed sufficient amounts of EPA and DHA Omega 3 fatty acids from a diet of wild game meat and wild caught fish.

Fact- EPA and DHA are NOT found in grain fed domesticated animals raised in captivity. (cows, pigs, chickens, turkeys or farm raised fish.)

Fact- Vegetable sources of Omega 3's (flax seeds) do NOT contain EPA or DHA, and the omega 3's that flax seeds do contain cannot be converted to EPA/DHA in sufficient amounts.

Fact- We are genetically designed to consume EPA and DHA directly from an animal source.

Fact – The only safe, scientifically proven way to consume adequate amounts of EPA/DHA is through supplementation with a “pharmaceutical grade fish oil.” (Not Walgreens, Wal-Mart, etc.)

Fact- Omegas 3'are so important because they are the main component of the brain neurons and all cell membranes. This is why DHA is the main component of human breast milk for the developing brain.

Fact- EPA and DHA deficiency in infants and children has been shown to be a major causal factor in development, learning and behavior problems such as ADHD as well as vision, digestive and skin disorders.

Fact- EPA and DHA deficiency in teens and adults has been shown to be a causal factor in breast, colon, and prostate cancers, heart disease, strokes, diabetes, arthritis, high cholesterol, high blood pressure, depression, skin disorders, digestive disorders, chronic pain, macular degeneration, hormonal problems, and pregnancy complications including improper fetal development, premature birth and post partum depression.

Fact – It is absolutely proven necessary for humans to consume a pure, pristine, and toxin free source of EPA and DHA Omega 3 fatty Acids for health, vitality and quality of life. This is literally a requirement from conception to the time we graduate from the earth.

Fact- Omega 3's are called *essential* fatty acids because you can't maintain a healthy body w/out them.

Fact- Humans should consume a minimum of 1,000 mg per 40 lbs. of body weight of quality EPA/DHA Omega 3 fish oils per day.

Everyday. For Life.