

OMEGA-3s EXPLAINED



DHA

Docosahexaenoic acid (DHA) is the master Omega. Because the body can readily convert DHA to EPA and all other Omega-3 forms in just the right amounts it requires, DHA is the only Omega-3 you actually need.

EPA

Eicosapentaenoic acid (EPA) is found mainly in fish and seafoods - it does not need to be taken in high quantities as DHA can be converted into EPA when required.

ALA

Alpha-linolenic acid (ALA) is the main Omega-3 found in plant oils such as flax and hemp seed oils. It does not provide the same benefits as DHA and EPA. ALA is less effective as it needs to be converted into DHA and EPA by the body for it to be utilised. The conversion rate is very poor - typically less than 2%.



SO... TO GET THE 1000mg OMEGA-3 DHA YOUR BODY NEEDS, HOW MUCH OF THE OTHER PLANT SOURCED OMEGA-3s DO YOU NEED TO TAKE ON A DAILY BASIS IN COMPARISON?

MEGAOMEGA ALGAE OIL - 2ml
(2ml = approx 1/2 teaspoon or 1/2 dropper and delivers 1000mg Omega-3 DHA)



CHIA SEEDS - 250g*

or



FLAX SEED OIL - 100ml *

or



HEMP SEED OIL - 250ml *

or



UDO's 3-6-9 BLEND - 150ml *

or



UDO's DHA 3-6-9 BLEND - 83ml **

* DHA levels after conversion from Omega 3 ALA at a typical conversion rate of 2%

** DHA levels after conversion from Omega 3 ALA at a typical conversion rate of 2% plus added DHA content



LIVE STRONGER • LIVE LONGER