

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) 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%.

VEGAN ALTERNATIVES DO NOT SUPPORT OMEGA-3 REQUIREMENTS & CAN OVERLOAD THE BODY WITH OMEGA-6



To get the 1000mg Omega-3 DHA the body needs, how much of other plant sourced Omega-3s would need to be taken daily in comparison?



MEGAOMEGA ALGAE OIL - 2ml (approx. 1 dropper or 3 softgels) delivers 1000mg Omega-3 DHA and NO Omega-6 overload



CHIA SEEDS - 250g*

or



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



FLAX SEED OIL - 100ml *

or



HEMP SEED OIL - 250ml *

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