

# NOT ALL OMEGA-3s ARE CREATED EQUAL

## OMEGA-3 FATTY ACIDS

### EPA

- REDUCES INFLAMMATION
- IMPROVES CARDIOVASCULAR FUNCTION

### ALA

- PROVIDES AN ENERGY SOURCE

### DHA

- IMPROVES COGNITIVE HEALTH AND VISUAL DEVELOPMENT
- REDUCES INFLAMMATION
- IMPROVES CARDIOVASCULAR FUNCTION
- IMPROVES HEART RATE
- REDUCES BLOOD PRESSURE AND TRIGLYCERIDE LEVELS
- IMPROVES GENERAL IMMUNITY
- REDUCES PRETERM BIRTH RISK

**DHA** is a long chain Omega-3 fatty acid important for brain and eye development and function throughout life. DHA is the most abundant Omega-3 fatty acid in the brain and retina and is naturally found in breast milk.

**EPA** is a long chain omega-3 fatty acid important for overall health. The body does not store EPA.

**ALA** is a short chain Omega-3 fatty acid that serves as a source of energy and as a building block for DHA & EPA.