



WORLDWIDE
HEALTH CENTER
Natural Health Products & Remedies

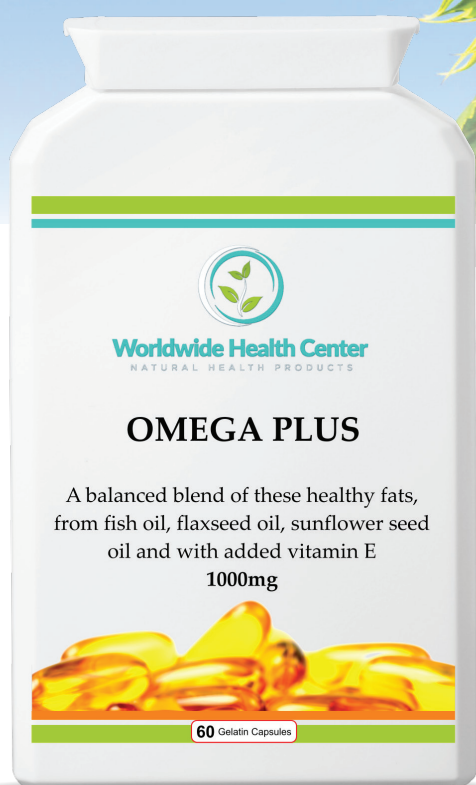
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Omega Plus^{1000mg}

From sunflower seed oil, flaxseed oil and fish oil (the best source), plus added vitamin E



THE HEALTHY FATS!

Product information

Each 1000mg capsule provides:

	%NRV*
Vitamin E	10iu 83.3%

*NRV = Nutrient Reference Value

Omega 3

Eicosapentaenoic Acid (EPA)	72mg
Docosahexaenoic Acid (DHA)	48mg
Alpha-Linolenic Acid (ALA)	150mg

Omega 6

Linoleic Acid (LA)	200mg
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Omega 9

Oleic Acid (OA)	100mg
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Ingredients: Flaxseed Oil, Fish Oil, Sunflower Seed Oil, Gelatin Capsule, Glycerine, Water, Vitamin E: D Alpha Tocopherol (soya).

ALLERGY ADVICE: for allergens, see ingredients in **bold**. Contains fish.

Suggested usage: Take 1 capsule, 2 to 4 times per day or as advised. Take 30 minutes before meals.

A balanced blend of these healthy fats (including essential fatty acids) in ideal ratios for the human body, for all-round support of good mental and physical health

BENEFICIAL FOR...

- Brain health
- Cognitive function
- Concentration
- Stable moods
- Healthy heart
- Healthy joints
- Hair, skin and nails
- Inflammatory conditions
- Healthy weight loss
- Fighting the signs of ageing
- Circulation
- Immunity
- Protection for cell membranes
- Nervous system function

Omega oils are vital for maintaining good mental and physical health, including offering support for the brain, cardiovascular system, circulatory system, cholesterol levels, hormonal balance and much more.

Our Omega Plus supplement combines fish oil (the best source), with sunflower seed oil and flaxseed oil for a beneficial blend of these healthy fats (including essential fatty acids (**EFAs**)) in easy-to-take capsules.

The ratio of EFAs that we consume is particularly important. By finding the right balance between Omega oils in the diet, they can work more efficiently together to promote health.

By contrast, an imbalance can actually promote inflammation and even contribute to the development of diseases. The average UK diet has an Omega 3 to Omega 6 ratio of 1:10, whereas the recommended ratio is 1:3. Our Omega Plus have been blended in balanced proportions.

MORE ABOUT OMEGA PLUS

Omega oils and essential fatty acids

When most people think of fats, they think of foods that will lead to weight gain and deterioration of health. However, while some fats (particularly saturated) should be avoided, there are others that are essential to maintaining good health. These "good" fats are typically missing from the average Western diet.

Scientists have broken down two types of polyunsaturated fats into what are called **Omega 3** and **Omega 6** essential fatty acids (EFAs). It is vital to include these acids (good fats) in our daily diet, because the body cannot produce them itself.

Found in every cell in the body, Omega 3s and Omega 6s play an important role in a number of biological functions and processes, ranging from **maintaining cells** and **regulating body temperature**, to affecting **blood pressure, reproduction** and **immune function**.

When the body is deficient in EFAs, it uses saturated fats to create cell membranes. This produces cells with rigid, inflexible membranes that have difficulty performing some basic cellular functions.

Omega 9 is a monounsaturated fat (Oleic acid) and, in contrast to Omega 3 and Omega 6 oils, is not classed as an essential fatty acid because it can be produced by the body. However, it is still highly beneficial when also obtained from food.

ABOUT THE INGREDIENTS

Flaxseed oil

Flaxseed is one of the best sources of **Omega 3** fatty acids. In addition, the oil is a rich source of **lignans** - a type of fibre that is changed by friendly bacteria in the gut into compounds that can help to fight against disease.



ABOUT THE INGREDIENTS CONT...

Lignans can also help to modulate **hormone levels** and relieve some of the symptoms often associated with **menopause**, such as hot flashes and yeast infections due to vaginal dryness. Flaxseed oil is also used to support symptoms of premenstrual syndrome, which may be caused by hormonal imbalance.

Relatively recently, yet more good news was discovered about Omega 3 rich flaxseed oil - Omega 3 fatty acids can lower blood levels of the protein **homocysteine**. Elevated levels of this protein are believed to be a major risk factor for heart disease.

Bodybuilders also claim that flaxseed oil supplements increase their **stamina** and assist with faster recovery after workouts. Flaxseed contains a **natural antioxidant**, which could explain why it helps tired muscles recover more quickly. In addition, its anti-inflammatory effect can also help to reduce muscle soreness.

Fish oil

It is now generally accepted that oily fish (the best source of Omega 3) is good for - amongst other things - the **heart, arthritis, skin disorders** and some cases of **chronic headache**. In Greenland, where much oily fish is eaten, heart disease is scarcely known. By stark contrast, in Britain an average of 200,000 people die of heart disease each year. Western affluence diseases from a diet of excess saturated fat (from meat, dairy products etc), may be reduced by even modest amounts of oily fish.

The main components of fish oils are docosahexaenoic acid (**DHA**) and eicosapentaenoic acid (**EPA**).

DHA is abundant in oily fish and is found in high concentration in the grey matter of the **brain** and the **retina** of the eye. It is also instrumental in the function of brain cell membranes, which are important for the transmission of brain signals. Essential for normal brain and eye development, DHA deficiencies have been linked to **depression, dementia, mood changes**, attention deficit hyperactivity disorder (**ADHD**), **memory loss** and **visual problems**.

Beyond the **cardio-protective** effects of Omega 3s, **EPA** is believed to be beneficial for many **autoimmune** and **inflammatory disorders** including **arthritis, asthma, inflammatory bowel disease**, systemic **lupus erythematosus** and **psoriasis**.



There are also several psychotherapeutic mechanisms of action that occur in the presence of this essential fatty acid. There are several studies that have shown a link between low seafood intake to major depression, postpartum depression and schizophrenia, as well as to the severity of depressive symptoms. Although research in this area is somewhat limited, EPA has at this point at least shown to improve symptoms of schizophrenia and depression and increase remission time in bipolar disorder.

Sunflower seed oil

Sunflower oil is high in **vitamin E** and low in saturated fat. Grown naturally, it contains the **Omega 6** fatty acid linoleic acid, a polyunsaturated fat which makes up 65% of the oil in natural sunflower oil, and oleic acid, a monounsaturated fat making up 21%. Omega 6 fatty acids support **brain function, healthy skin** and **bones** and help to regulate the **metabolism**. They also play an important role in reproductive functioning.



Vitamin E

D Alpha Tocopherol is a fat soluble vitamin and potent antioxidant. Not only does it have a powerful effect on the brain, it can help to protect against the harmful effects of free radicals, encourage recovery, ward off heart disease and support the immune system. In addition to the benefits described above, vitamin E has been added to this balanced blend of Omega oils because fish oils oxidise very easily and can therefore add to the oxidant stress on the body. An increased intake of vitamin E can counteract this effect.