

ARE YOU GETTING ENOUGH OMEGA-3s?

YOU NEED **THREE KINDS OF OMEGA-3s: EPA, DHA AND ALA**

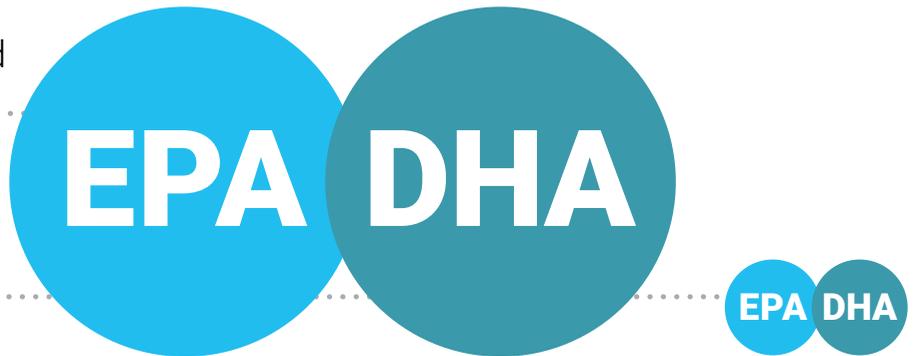


Most Americans get enough ALA, but...

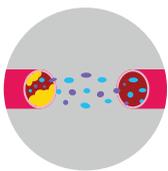
95% OF AMERICANS DON'T GET ENOUGH EPA AND DHA

Many health professionals recommend
250-1,000 MG/DAY

The average American
intake of **EPA+DHA** is only
113 MG/DAY



WHY DO EPA AND DHA MATTER?



MAINTAINS HEALTHY TRIGLYCERIDES



SUPPORTS HEART HEALTH



MAINTAINS HEALTHY BLOOD PRESSURE



SUPPORTS BRAIN HEALTH



PROMOTES EYE HEALTH

THE BOTTOM LINE: Not all omega-3s are created equal. **Simply getting ALA from chia, flax, and walnuts is not enough!** You need to directly consume EPA and DHA from fatty fish or omega-3 supplements to reap the overall health benefits.