

Want a Healthy Heart? New Study Adds More Proof That Omega-3 Fatty Acids Prevent Heart Disease

Alexander, D.D. et al. (2017) A meta-analysis of randomized controlled trials and prospective cohort studies of eicosapentaenoic and docosahexaenoic long chain omega-3 fatty acids and coronary heart disease risk. Mayo Clin Proc. 92(1):15-29

QUOTE BOARD:

"To our knowledge, this is the most comprehensive quantitative assessment of the relationship between EPA and DHA supplementation and intake and CHD risk to date."

"Participants with elevated triglyceride levels and elevated low-density lipoprotein cholesterol experienced statistically significant reduced Cardiovascular Heart Disease events."

"Furthermore, higher dose (above 1 gram/day intake of EPA and DHA) had a stronger impact than lower dose (less than 1 gram/day intake)."



What You Need to Know:

This study, the most comprehensive to date investigating supplementation with omega-3 fatty acids, provides conclusive evidence of the benefits.

This study also cites the known benefits of omega-3 supplementation for the reduction of triglyceride levels, improving LDL and HDL cholesterol levels, and blood pressure!

This study also explains why some have concluded that omega-3 supplementation lacks benefit: the amount of omega-3 is very important. Studies that used less than 1 gram of omega-3 intake per day to measure the benefits of omega-3 are invalid because humans require more than this amount.

It is almost impossible to get sufficient intake of omega-3 without supplementation. You would have to eat fish every day and this increases the risk of heavy metal, PCB, and other toxicity.

What You Need to Do:

You and your family need to supplement with a high quality, natural triglyceride, contaminant-free, unconcentrated omega-3 product every day.

Ask your practitioner about Innate Choice® OmegA+D™. It is the ideal supplement for both Omega-3 and Vitamin D. It provides over 2.0 grams of EPA and DHA and over 4000 IUs of Vitamin D per adult serving!

Brought to you by: Thrive Chiropractic Wellness Center

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