



## OMEGA-3 FATTY ACIDS

Omega-3 fatty acids are healthy fats with many benefits when taken in moderation. Two main types of omega-3 fatty acids are **EPA** (eicosapentaenoic acid) and **DHA** (docosahexaenoic acid).

### BENEFITS OF OMEGA-3 FATTY ACIDS

- Improve and stabilize mood
- Decrease anxiety
- Reduce ADHD symptoms
- Better sleep
- Healthy skin
- Lower blood pressure
- Increase good cholesterol
- Reduce inflammation
- Improve asthma symptoms
- Increase bone strength

### SOURCES OF OMEGA-3 FATTY ACIDS



FLAX SEEDS



SALMON



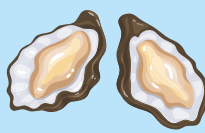
CHIA SEEDS



WALNUTS



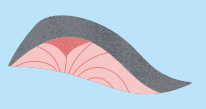
BRUSSEL SPROUTS



OYSTERS



SARDINES



MACKEREL

### RECOMMENDED INTAKE

Omega-3 fatty acids: > 1000mg per day

EPA: > 500-750mg per day

EPA/DHA ratio: > 60%



**Warning: If you are on an anticoagulant or are at risk of bleeding, consult your doctor before taking omega-3 fatty acids.**

