FATTY ACIDS

MAIN FUNCTIONS

CELL MEMBRANE

IMMUNE CELL DIFFERENTIATION

BRAIN DEVELOPMENT

COGNITIVE FUNCTION

EYE HEALTH

GOOD SOURCES

SALMON	CHIA SEEDS	FLAX SEEDS	SARDINES
1g EPA/DHA per 2.5 oz	1.9g ALA per 1 T	2g EPA/DHA per 1 T	2g EPA/DHA per 3 oz

DAILY RECOMMENDATIONS

MEN	WOMEN
1-3 grams	1-3 grams

SPECIAL NOTES

QUALITY SOURCING MATTERS. ENSURE YOU ARE GETTING GRASS-FED/WILD CAUGHT

HIGHER LEVEL OF OMEGA 3'S ARE CORRELATED WITH HIGHER BRAIN ACTIVITY

FATTY ACIDS MAKE UP EVERY SINGLE CELL MEMBRANE IN THE BODY

HIGHER LEVELS MAY BE PROTECTIVE AGAINST ENVIRONMENTAL TOXINS