


holista

AN ESSENTIAL GUIDE TO
Omega-3
Essential Fatty Acids



For Heart Health and More!

OMEGA-3 ESSENTIAL FATTY ACIDS

Clinical research shows that the EFAs help maintain cardiovascular health, support cognitive health and brain function, reduce inflammation and play a role in normal growth and development. These healthy fatty acids are an important factor in the maintenance of good health.

HEALTHY EYES & VISUAL ACUITY

Age-Related Macular Degeneration

Omega-3 DHA (docosahexaenoic acid) is found in high concentrations in the retina and has been recognized as important for visual health and development. DHA may reduce risk of age-related macular degeneration. DHA deficiency in laboratory animals decreased their visual activity.

CARDIOVASCULAR HEALTH

High Blood Pressure, Elevated Cholesterol and Triglyceride Levels

Studies show that essential fatty acids can significantly reduce the risk of heart disease, lower blood pressure, promote healthy levels of blood triglycerides, and reduce the risk of undesired blood clots. Omega-3 EPA also provides an anti-inflammatory effect in the lining of the coronary arteries.

INFLAMMATORY CONDITIONS

Asthma, Rheumatoid Arthritis, Ulcerative Colitis, Crohn's Disease

The essential fatty acids have been shown to decrease the production of inflammatory agents in the body both directly and indirectly. Because of this effect, they are used for the treatment and management of inflammatory conditions such as asthma, rheumatoid arthritis, ulcerative colitis and Crohn's disease.

SKIN HEALTH

Eczema, Psoriasis, Dermatitis

Skin conditions such as eczema and psoriasis are inflammatory conditions. The essential fatty acids provide anti-inflammatory effects to treat dermatitis (inflammation of the skin).

BEHAVIOUR & LEARNING DISORDERS

ADD, ADHD and DCD

Intriguing brain research has drawn a possible connection between DHA and arachidonic acid (AA) and some of the childhood learning and behavioural problems including *dyslexia*, *attention deficit disorder (ADD)*, and *attention deficit hyperactivity disorder (ADHD)*. Supplementation with omega-3s can help treat or manage these disorders.

COGNITIVE/BRAIN SUPPORT

Dementia, Alzheimer's Disease

Essential fatty acids support cognitive health and brain function. Omega-3 DHA is highly concentrated in the brain and has been recognized as important for optimal brain function. Deficiency in DHA has been linked to cognitive decline, depression, dementia and Alzheimer's disease.

MENTAL HEALTH DISORDERS

Depression, Schizophrenia, Bipolar Disorder

Results of clinical studies suggest that omega-3 fatty acids are useful in the treatment of some mental health disorders. Increased omega-3 levels are linked to reduction in depression, fewer mood swings in bipolar disorder, and an improvement of symptoms in individuals with schizophrenia.

PREGNANCY & BREASTFEEDING

Prevent Early Labour, Preeclampsia, Depression, Fetal Brain And Eye Development

Supplementation with the essential fatty acids is important during pregnancy and while breastfeeding. Omega-6 fatty acids can prevent preeclampsia. Omega-3s are useful for preventing early labour. Furthermore, DHA is necessary for fetal and infant eye and brain development.

HORMONAL IMBALANCE

PMS, Menopause

Clinical studies suggest that supplementation with essential fatty acids reduces premenstrual syndrome (PMS) and menopausal symptoms such as hot flashes. The fatty acids provide anti-inflammatory effects and supplement the body with the fatty acids whose production may be compromised during PMS.

	Organic Flaxseed Oil	Evening Primrose Oil	Omega 3-6-9	Wild Pacific Salmon Oil EPA 80MG, DHA 70MG	Premium Omega-3 Fish Oil EPA 180MG, DHA 120MG	Omega-3 Wild Salmon & Fish Oil EPA 180MG, DHA 120MG	Omega-3 Fish Oil Enteric Coated EPA 180MG, DHA 120MG	Omega-3 Wild Salmon Oil Extra Strength EPA 300MG, DHA 200MG	Triple Strength Omega-3 EPA 647MG, DHA 253MG
Maintenance of Good Health	•		•	•	•	•	•	•	•
Healthy Eyes & Visual Acuity					•	•	•	•	•
Skin Health		•	•						
Cardiovascular Health	•		•	•	•	•	•	•	•
Inflammatory Conditions	•	•			•	•	•	•	•
Behaviour & Learning Disorders				•	•	•	•	•	•
Cognitive/Brain Support			•		•	•	•	•	•
Mental Health Disorders							•	•	
Pregnancy and Breastfeeding				•	•	•	•	•	•
Hormonal Imbalance	•	•	•		•	•	•	•	•



Quality Omega-3 Products from Holista®

Natural sources of essential nutrients may not be practical or available in your daily diet.

Holista uses branded fish oils naturally sourced from wild harvested fish. They are guaranteed to be safe and free from toxins and impurities, including: PCBs, dioxins, mercury and other heavy metals.



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