

OMEGA 3

HEART HEALTH & PERFORMANCE



WHAT IS OMEGA 3?

Omega-3 fatty acids (omega-3s) are polyunsaturated fats that perform important functions in your body. Your body can't produce the amount of omega-3s you need to survive. So, omega-3 fatty acids are essential nutrients, meaning you need to get them from the foods you eat.

The main components of Omega 3, EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) are crucial to overall health and performance. Aim to consume two grams of Omega 3s daily.

BENEFITS OF OMEGA 3 CONSUMPTION

VISUAL PERFORMANCE



BRAIN HEALTH



JOINT HEALTH



ANTI INFLAMMATORY



HEART HEALTH



MUSCLE PRODUCTION

