

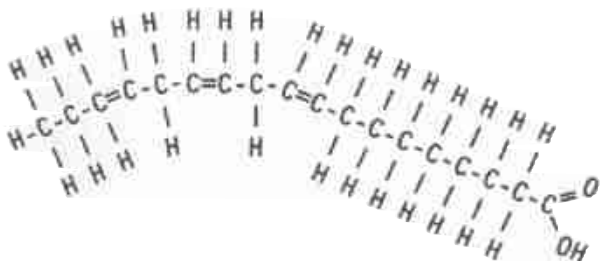
## More about the Omega-3s...

Omega 3 fatty acids are essential fatty acids; fats the body needs but cannot make. There are 3 Omega-3 fatty acids: ALA, EPA, and DHA. **ALA** (Alpha Linolenic Acid) is the "parent" Omega-3. More important to human nutrition, however are the two remaining Omega-3s **DHA** (DocosaHexAenoic acid) and **EPA** (EicosaPentAenoic acid). They are more valuable to cells in the body, as well as more easily used. They are converted to compounds that are anti-inflammatory, antithrombotic, antiarrhythmic, and vasodilatory. Humans can theoretically convert ALA to DHA and EPA but are not very efficient at doing so. Fish obtain ALA from the plankton they feed on in the ocean and convert it easily into DHA and EPA. By eating fish or fish oil, we are sure to be getting Omega-3 fats that our body can readily use.

**ALA – Alpha Linolenic Acid** – 18 carbon atoms, 3 double bonds

The "parent" Omega-3

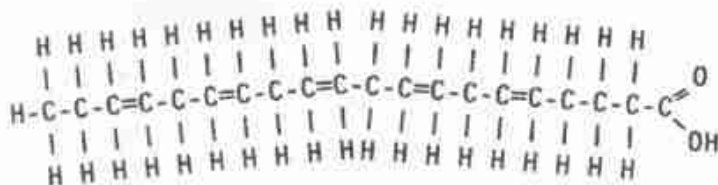
Found in: flaxseed, canola, and soybean oils flaxseed and walnuts



**EPA - EicosaPentaenoic Acid** – 20 carbon atoms, 5 double bonds

"Healthy" Omega-3 maintains nerve fibers, protects the retina, lowers cholesterol

Found in: mackerel, salmon, herring, sardines, anchovies, albacore tuna, and wild game



**DHA – DocosaHexaenoic Acid** – 22 carbon atoms, 6 double bonds

"Healthy" Omega-3 prevents blood clots prevents irregular heart beats, lowers cholesterol

Found in: mackerel, salmon, herring, sardines, anchovies, albacore tuna, and wild game

