

Why Are Omega-3 and -6 Essential Fatty Acids?

Your body cannot create its own omega-3 and -6 because it lacks certain enzymes, so it is essential that these fatty acids are a daily part of your nutritional intake. Omega-3 and -6 are vital for the growth, repair and function of every cell membrane in your body and for many biological activities, including those that affect brain, heart and vision health.



AIMega's Organic Cold Pressed Virgin Oils

Flaxseed

The amber oil from crushed flax seeds provides an incredibly rich source of alpha-linolenic acid (ALA), better known as omega-3.



Sesame Seed

Flavorful sesame seeds produce an oil that contains a healthy source of the second essential fatty acid: omega-6 linoleic acid (LA).

Sunflower Seed

The oil from sunflower seeds also provides a wholesome omega-6 source.



Olive

Providing health benefits for thousands of years, olive oil contains both omega-6 and heart-enhancing omega-9.

The AIMega 2 to 1 Ratio

Studies show that most people average a 15:1 ratio of omega-6 to omega-3¹. Each capsule delivers **380 mg of omega-3** and **190 mg of omega-6** for a balanced 2:1 ratio of these essential fatty acids.

¹ Simopoulos AP. The importance of the ratio of omega-6/omega-3 essential fatty acids. Biomed Pharmacother. 2002;56(8):365-379



FAST FACTS about Omega Fatty Acids

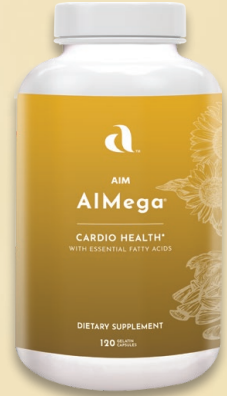
Omega fatty acids play important roles in brain function, growth and development, the formation of cell walls, oxygen uptake and circulation.

Men need **1.6 grams** per day

Women need **1.1 grams** per day

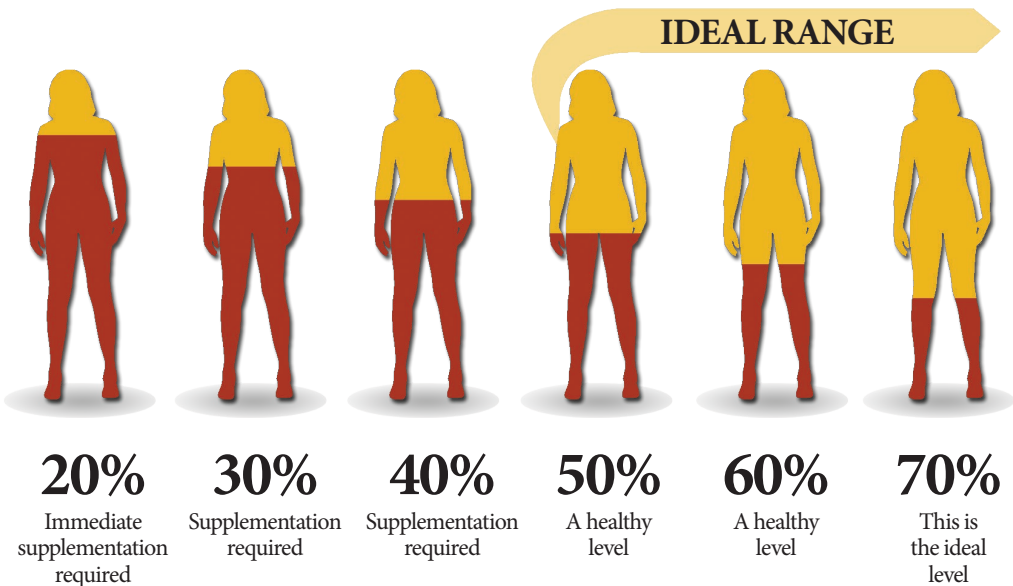
Organic Seed Oil Sources:

- Flax Seed
- Sesame Seed
- Olive Oil
- Sunflower Seed Oil



Omega Levels in the Blood

Reaching *healthy* levels of omega-3 is important, but constantly striving for *ideal* omega levels is vital!



● Omega-3

● Omega-6



Flaxseed Oil

- Contains Omega Fatty Acids and linked to heart health
- May help increase lubrication in eyes

Sunflower Seed Oil

- Contains Omega Fatty Acids and linked to heart health
- Inflammation fighter
- Promotes healthy skin

Olive Oil

- Contains Omega Fatty Acids and linked to heart health

Sesame Seed Oil

- Contains Omega Fatty Acids and linked to heart health
- Antioxidants found to aid skin health and appearance
- Helps in blood sugar maintenance
- Inflammation fighter

What You Need to Know about the Omega-3 Fatty Acids in AlOmega!

- Often overlooked by science, **alpha-linolenic acid (ALA)** is an important source of omega-3 fatty acids.
- Scientific reviews of ALA have included cardiovascular benefits, a reduction in inflammation and neurological health.¹
- ALAs have different health benefits than omega-3 from fish oil.
- ALA has been specifically shown to help with cardiovascular health, vascular tone, inflammation and blood pressure.²
- Women convert more ALA to EPA than men.³
- ALA is more important to women because of the role of omega-3 in pregnancy.

1 Flax and flaxseed oil: an ancient medicine & modern functional food

Ankit Goyal, Vivek Sharma, Neelam Upadhyay, Sandeep Gill, Manvesh Sihag

2 The cardiovascular effects of flaxseed and its omega-3 fatty acid, alpha-linolenic acid

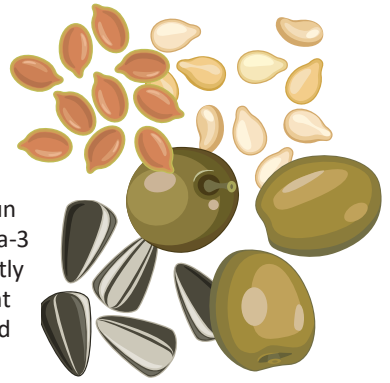
Delfin Rodriguez-Leyva, Chantal MC Bassett, Richelle McCullough, Grant N Pierce

Can J Cardiol. 2010 Nov; 26(9): 489–496.

3 Childs, C.E., Kew, S., Finnegan, Y.E. et al. Increased dietary α -linolenic acid has sex-specific effects upon eicosapentaenoic acid status in humans: re-examination of data from a randomised, placebo-controlled, parallel study. Nutr J 13, 113 (2014).

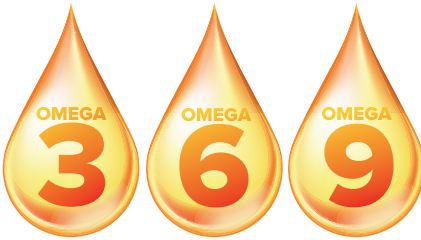
The Bad Rap on Fat

Consuming too much fat or unhealthy types have given this necessary nutrient a really bad reputation. It's important to remember that most nutrients in food come from carbohydrates, proteins and, yes, fats. Low-fat diets are not healthy in the long run if you eliminate all the healthy ones, such as omega-3 and -6 polyunsaturated fats and omega-9 mostly monosaturated fats. **AlMega** helps to supplement all three from the organic oils of flax, sunflower and sesame seeds and olives.



AlMega: Healthy Fat Capsules

- 380 mg of Omega-3: Alpha-linolenic acid (ALA)
- 190 mg of Omega-6: Linoleic acid (LA)
- 200 mg of Omega-9: Oleic acid (OA)



Your body can make most of the fats it requires from other fats or raw materials. However, omega-3 and -6 must come from your diet, making them essential fatty acids.

Alpha-linolenic acid (ALA) is plant-based omega-3.

Going Mediterranean

It's not a diet, it's a lifestyle that incorporates omega-9 oleic acid from olive oil: the Mediterranean Diet's staple source of healthy fat.



Omega-3 and -6 are necessary components of all healthy cell membranes. Both fats support cell receptor functions, including gene expression and overall energy balance.