

Fishing for good health



Numerous studies have shown that consuming omega-3 fatty acids daily can reduce heart attack risk, help reduce deaths from heart disease, lower high blood pressure, and offer many other health benefits. Let's explore these advantages.



Should I Supplement?

A convenient way to get enough omega-3 daily is to take a high-quality fish oil supplement. Herbalife's fish oil supplements provide omega-3 from premium sources using the distillation process ensuring no contaminants like mercury. Herbalifeline contains 732mg of the top two types of omega-3. Tri-Shield contains neptune krill oil, one of earth's best sources of omega-3. Both of these are included in Core Complex, a daily packet of supplements for heart health. Ask your wellness coach for more information.

What are omega-3 fatty acids?

Omega-3 is a nutritionally essential fatty acid (a "good fat") found naturally in certain foods. Good fats lead to lower cholesterol levels.

What does omega-3 do for me?

Lately much attention is turned to the many health benefits of omega-3 fatty acids. According to one study by the U.S. Agency for Healthcare Research and Quality (AHRQ), consuming omega-3 by eating fish or taking a fish oil supplement reduced heart attack and other problems related to heart and blood vessel disease in people who already have these conditions, as well as reducing deaths from heart disease.

How much should I consume?

Health experts recommend getting anywhere from 700mg to 2000mg of omega-3 daily, and the American Heart Association recommends those who have had a heart attack consume no less than 1000mg a day. That's the equivalent of 3 ounces of salmon, 12 ounces of canned tuna, or 7 ounces of flounder.

How do I get the recommended amount?

By far the best source of omega-3 is fish oil. The FDA recommends eating 2-3 servings of fish per week, but not more than that to avoid consuming too much mercury. For this reason, it's good to find additional sources of omega-3. Oil-bearing nuts like walnuts, flaxseed,

and canola oil, are the next best source. These are high in calories so remember to pay attention to portion size. Soy products like soy milk and soy protein are another great source and are lower in calories. Fish oil supplements are a popular choice since they can contain large amounts of omega-3. You can avoid mercury and other contaminants by choosing fish oil supplements that use a distillation process that removes contaminants.

