

# WOMEN'S HEALTH TRENDS

## Show Your Heart Some Love

(NAPSA)—Many women, even those who eat a healthy and well-balanced diet, may find it difficult to get enough omega-3s to support their heart.

This may explain why, in a survey commissioned by Schiff Nutrition, three out of four cardiologists say that if they had to choose one dietary supplement to support cardiovascular health, they'd choose omega-3 fatty acids.

"Good heart health should begin early, and by the time a woman reaches 35, heart health should be a major priority and focus," said Dr. Suzanne Steinbaum, attending cardiologist and the director of Women and Heart Disease of the Heart and Vascular Institute of Lenox Hill Hospital in New York, and a paid spokesperson for Schiff Nutrition. "It's imperative that women take responsibility for their cardiovascular health and be knowledgeable about the best ways to keep the heart healthy."

Gaining popularity among omega-3s are krill oil products, and for good reason. Unlike fish oil, the omega-3 fatty acids in krill are mainly carried to the body's cells in phospholipid form, which allows for easy absorption by the body.

Another reason for their popularity is that krill oil softgels have no fishy aftertaste or burp back, and because most krill oil softgels are much smaller than traditional fish oil pills, they are easier to swallow.

Dr. Steinbaum recommends MegaRed 100 percent Pure Omega-3 Krill Oil to her patients. "It is important to incorporate



**One of the easiest ways to support heart health, says Dr. Steinbaum, is to take a daily softgel containing krill oil.**

omega-3's for cardiovascular protection. A MegaRed krill oil softgel is easily tolerated and a perfect way of being proactive to support your heart health." Dr. Steinbaum follows her own advice and takes one small softgel each day.

In addition to supplements, Steinbaum also stresses the importance of diet and exercise. Eating a diet rich in vegetables, fruits, whole grains and fiber while cutting back on saturated and trans fats can play a big role in keeping your heart healthy.

### What Is Krill?

Krill oil comes from tiny shrimp-like crustaceans that thrive mostly in the freezing waters of the Antarctic Ocean. Krill oil is an environmentally friendly option for omega-3s since krill is one of the planet's most abundant and sustainable organisms.

For more information, visit [www.schiffmegared.com](http://www.schiffmegared.com) or call (800) 526-6251.