

HEART HEALTH

Helpful Facts From Experts

Omega-3 Leads to Healthy Heart and Longer Life

(NAPSA)—Research studies show that nearly everyone can benefit from a diet rich in Omega-3 fish oil found in certain fish.

Clinical studies show Omega-3 consumption provides relief for high cholesterol, high triglycerides and high blood pressure, either



Most people need nutritional supplements to get the proper amount of Omega-3.

through fish oil or dietary supplements. Most Americans, however, do not get enough Omega-3 in their normal diet to receive the healthy heart and preventative effects.

People should look for an extremely pure Omega-3 dietary supplement and select a product that is free from contaminants including heavy metals. Convenient purse and pocket packs make daily supplements portable and easy to remember.

Pharmaceutical grade Omega-3 dietary supplements such as PharmaOmega Life from www.PharmaOmega.com provide an extremely concentrated 75-percent pure Omega-3, with high levels of DHA and EPA.

At www.PharmaOmega.com or (800) 600-3261, people can find an Omega-3 nutritional chart, get a free Omega-3 Health Report and sign up for an Omega-3 nutrition newsletter.