

Wellness

REVIEW

High Quality Fish Oils



Do You Need Fish Oil?

How do you know if you need fish oils? If you suffer from painful or inflammatory conditions such as arthritis, have cardiovascular disease, dry skin or perhaps you find that your brain is less sharp - these may be signs that you have an increased requirement for fish oils. However, the truth is, that almost everyone can benefit from taking fish oils on a regular basis. Fish oil is a source of omega-3 essential fatty acids. These good fats are vital for the human body to function well. Each and every cell in the body needs these healthy fats to function at its best.

Fish Oil for Life

Fish oil is important for us at all different stages of life - during childhood, adulthood and even into old age. Fish oils rich in essential fatty acids are important to enhance general health, as well as supporting cardiovascular and metabolic health, promoting healthy brain development and cognition, reducing inflammation and supporting healthy mood. Just like the cars we drive, our body also needs to be a well-oiled machine for it to function optimally.

Fish for Thought

A high quality fish oil supplement is the ideal source of omega-3 essential fatty acids. However, not all fish oils will provide the same benefits. The active constituents in fish oil, known as EPA and DHA, are used in varying therapeutic amounts for different health concerns. Your Practitioner has a range of fish oils with varying concentrations of EPA and DHA to help with particular health conditions. For example, a fish oil containing 1 g of DHA with 209 mg EPA is the ideal ratio to support normal healthy brain development and function; whereas fish oil with 1.9 g of EPA and 930 mg of DHA may assist in relieving the pain and inflammation of arthritis and help maintain cardiovascular health.

Kids Need Fish Too

Kids can be fussy when it comes to eating fish, but why deprive them of the benefits of a good quality fish oil that helps to support brain development, cognition and learning? Research has shown that 1 g of DHA per day can be a great investment in your child's education, behaviour and general health. Give your children the best start in life with the benefits of fish oil.

Ask us today what fish oil can best help to support your health.

Purity Is Paramount

When taking a fish oil, it is important to ascertain whether it is of a high quality and purity for optimal health benefits. Large fish can contain environmental pollutants, such as heavy metals and pesticides, which may accumulate in the

body from repeated ingestion and may contribute to health complaints. The fish oils prescribed by your Practitioner minimise contamination by using only small pelagic fish. Being small in size, these fish do not accumulate the same levels of environmental toxins that the much larger fish tend to store over their lifespan.

Practitioner recommended fish oils undergo a process called molecular distillation to remove impurities, pesticides and insecticides so that the purity of the fish oils exceed the Australian standards. This ensures you are provided with a high quality and pure fish oil that will contribute to your health and wellness.

Quality Is Never an Accident

Like all other oils, fish oils can become oxidised or rancid when exposed to heat, air or light. Oxidised fish oils not only taste and smell bad, but also have limited health benefits and in some cases, can even be harmful. Fish oils recommended by your Practitioner are manufactured using nitrogen flushing to produce formulas that are fresh and protected from oxidation. Ansidine and peroxide are indicators of the level of oxidation of the fish oil, or how fresh it is. Ensure the fish oil you are taking is fresh and pure by choosing a fish oil of the highest quality with the lowest ansidine and peroxide values.

Sustainable Sourcing

Sustainable fishing is an important aspect to consider in our modern world. The fish oils your Practitioner recommends are certified by Friends of the Sea, an independent organisation that tests and certifies products made with ingredients sourced using sustainable fishing practices that minimise environmental impact. These fish oils also use small fish, primarily anchovies and sardines which are sourced from oceans near South America and Africa using eco fishing and sustainable practices. This means you can receive not only a purer fish oil, but also protect our planet.

Become Friends with Fish Oil

There are many benefits that a high quality and highly concentrated fish oil supplement can bring to the health and wellness of you and your family. Concentrated fish oil formulas can be easier to take, more affordable and provide great therapeutic effects. Each fish oil product your Practitioner prescribes is high strength and contains the correct dose of omega-3 needed to provide you with the most therapeutic result possible and value for money. Your healthcare Practitioner can recommend the most appropriate supplement for you, to ensure you are provided with a high quality, therapeutic and pure fish oil to suit your individual needs.

Come and talk to us today about how you can get the most from your fish oil.