

## Why Omega-3 Fatty Acids are Necessary

Omega-3 fatty acids are an essential part of cell membranes. They promote heart health by reducing triglycerides (fats in the blood), blood pressure, and atherosclerosis. They also help to regulate immunity by reducing inflammation and allergic reactions. Research shows that Omega-3 fatty acids significantly aid the brain in learning and cognition, and play an important role in babies' growth.

### ▶▶▶ A Perfect Balance of Fatty Acids

Omega-3 and Omega-6 fatty acids are vital for supporting heart, brain and immune system health. However, excessive Omega-6 fatty acids may increase risk of cancer and other diseases.

The Vegetarian Society of the United Kingdom Limited recommends an Omega-6 : Omega-3 ratio of 3:1 in one's diet. Modern diets contain too much Omega-6 fatty acids due to vegetable oils, processed food and meat. Hence, increasing Omega-3 fatty acid intake can improve health greatly.

## Safety of Omega-3 Sources

There are various sources of Omega-3 fatty acids, but not all are good for you.

Water pollution has contaminated fish and other marine life, making it unsafe to obtain omega-3 from fish or seals. Fish liver oil may contain more poisonous substances as the liver is a filtering and detoxifying organ. What's more, fishing to obtain fish oil has put animals such as whales and seals in danger of extinction, destroying the ecosystem's balance!

▶▶▶ *Obtain healthy and safe Omega-3 fatty acid sources as your first step to good health.*



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Enjoy Good Health with

# Omega-3

- Proper intake of Omega-3 helps to prevent cardiovascular disease, cancer, obesity and other diseases such as those of the immune system, and aids brain, bone and infant development.



## The Smart Choice **Plant-based Omega-3 Fatty Acids**

Highly functional plant-based sources of Omega-3 fatty acids bring many benefits to overall health:

### Added Effectiveness

Besides Omega-3 fatty acids, plants also provide many antioxidants, phytochemicals, polysaccharides and fiber that enhance the body's absorption and usage of Omega-3.

### Abundant Antioxidants

Antioxidants are mainly in the skin and seeds of plants. Research shows that higher levels of antioxidants in blood lower risk of cardiovascular disease and cancer.

### High Omega-3 Content

Choose plant foods that contain more Omega-3 than Omega-6 to make up for high levels of Omega-6 elsewhere in one's diet. These include chia seed and kiwi fruit seed. Note that some plant foods contain more Omega-6 than Omega-3.



Omega-6 : Omega-3 Ratios of Plant Sources

Source	Omega-6 : Omega-3
<b>Chia seed</b>	<b>1 : 3</b>
<b>Kiwi fruit seed oil</b>	<b>1 : 4</b>
Walnut	4 : 1
Soybean oil	7.4 : 1
Corn oil	58 : 1
Safflower oil	365 : 0



*Perfect Balance*

### No Additives

Softgels of oils including flax seed oil usually contain glycerin as an additive. Glycerin may be derived from animal fats, vegetable fats or petroleum, and may contain more calories.



A seed with amazing life-sustaining ability

## • Chia Seed

Chia seeds are ideal sources of Omega-3 fatty acids. They are perfect examples of what wholesome food can provide for your health and immunity!

### Powerful Dose of Omega-3

Chia seed's high level of Omega-3 fatty acids is three times its Omega-6—a perfect balance of fatty acids. Sixty-six percent of the oil in chia seed is ALA (an Omega-3), highest among plants.

### Excellent Source of Antioxidants

Unlike other Omega-3 sources such as fish that has a fishy stench and no antioxidants, chia seed is rich in antioxidants including flavonol glycosides and chlorogenic acid, to fight free radicals and nourish the immune system.

### Enhances Cardiovascular Health

Chia seed is cholesterol-free. Regular chia seed consumption can reduce blood pressure and inflammation, lower cardiovascular disease risk, dramatically decrease triacylglycerol levels and increase HDL (good) cholesterol.

### Anti-cancer

Omega-3 fatty acids from chia seeds can help to inhibit cancer growth and spread. There is increasing evidence that consuming more Omega-3 fatty acids is important for cancer prevention.



CHIA SEED

&

KIWI FRUIT SEED



Highly nutritious seed

## • Kiwi Fruit Seed

Kiwi fruit is packed with nutrients. The U.S. Food and Drug Administration lists kiwi fruit as one of 30 anti-cancer fruits and vegetables. Its numerous tiny black seeds are also rich in antioxidants and Vitamin C.

### High in Omega-3

Alpha-linolenic acid (ALA), an Omega-3 fatty acid, cannot be produced by the body and must be obtained through diet. With 62% ALA, kiwi fruit seed is an ideal plant source of Omega-3 for vegetarians.

### Protects Heart Health

Kiwi fruit seed can improve blood flow and reduce inflammation and platelet aggregation. Its ALA helps to keep cell membranes soft and flexible for oxygen and nutrients to enter easily, and carbon dioxide and wastes to exit efficiently. It is also heart-protective and helps to prevent sudden cardiac death.

### Promotes Brain Health

The brain is an important part of the nervous system. It is about 60% fat. Nerve cells responsible for sending chemical signals need ALA to maintain perception of pleasure, thereby preventing depression and increasing learning and memory.

### Improves Immunity

The essential fatty acids in kiwi fruit seeds are necessary for making prostaglandins, which play a role in immune function by regulating inflammation and encouraging the body to fight infection.