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Things to Know About Omega-3 Fatty Acids

Omega-3 fatty acids are essential fats that you must get from your diet. These healthy fats have important benefits for your body and brain, according to the National Institutes of Health.

The National Institutes of Health also reports most people who eat a standard Western diet are not eating nearly enough omega-3 fats.

Omega-3, or n-3, fatty acids, are a family of polyunsaturated fats. They're called essential fatty acids because they're needed for health but your body cannot produce them.



As polyunsaturated fatty acids, their chemical structure has several double bonds. Omega-6 fatty acids are another type of polyunsaturated fat.

There are many fatty acids that belong to the omega-3 family. The important ones are EPA and DHA.

EPA (eicosapentaenoic acid) is primarily found in fatty fish, seafood and fish oil. This fatty acid has many essential functions, but it is most important in its ability to reduce inflammation, according to the National Institutes of Health.

EPA has been shown to be particularly effective against certain mental conditions, especially depression, according to the National Institutes of Health.

DHA (docosahexaenoic acid) is primarily found in fatty fish, seafood, fish oils and algae. The main role of DHA is to serve as a structural component in cell membranes, particularly in nerve cells in your brain and eyes. It makes up about 40 percent of polyunsaturated fats in your brain, according to the National Institutes of Health.

Omega-3 fatty acids are among the world's most comprehensively studied nutrients.

The National Institutes of Health database has published a large body of research that shows omega-3 fatty acids have powerful health benefits for a number of conditions such as depression, fatty liver, blood triglycerides and asthma.

Mainstream health organizations such as the World Health Organization (WHO) and European Food Safety Authority (EFSA) recommend a minimum of 250–500 mg combined EPA and DHA each day for healthy adults, according to the National Institutes of Health.

The American Heart Association recommends eating fatty fish at least twice per week to ensure optimal omega-3 intake for heart disease prevention.



June ALTRUM NEWS Three Types of Whey Protein

Research shows that proteins are the main building blocks of your body, used to make muscles, tendons, organs and skin, as well as enzymes, hormones, neurotransmitters and various tiny molecules that serve many important functions. New research shows that rather than diminishing over time, **the need for protein in your diet increases as you age.**

Whey protein is a complete, high-quality protein that contains all of the essential amino acids, which makes it one of the best dietary sources of protein available.

This issue of ALTRUM News details the three types of whey protein and how they can help you meet your nutritional goals at any age.

New Chocolate Whey Protein Powder Brings You Twice the Protein

Not only is the new ALTRUM Chocolate Whey Protein Powder delicious, it has **2.5 times more protein** than our previous protein drink.

Whey protein is considered to have the highest biological value (BV) of any protein source – superior in essential amino acid content to beef, milk, casein or soy.

ALTRUM Chocolate Whey Protein Powder is a blend of three high-quality whey protein concentrates and isolates: ultrafiltered, microfiltered and enzymatically hydrolyzed (partially predigested). This blend of specially processed whey proteins is designed to maximize amino acid absorption and biological value (BV).

It also brings you the power of branched-chain amino acids (BCAAs). We've added an extra 420 mg. per serving of amino acid glutamine.

Each 1-scoop serving provides more than 5,700 mg of branched-chain amino acids (BCAAs).

Natural color variation may occur in this product. This product is sold by weight not volume.

Stock # Units/strong> Comm. Credits Dealer Price P.C. Price

ALPR	EA (1)	22.75	35.00	36.75
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ALPR CA (6) 136.50 210.00 220.80

2.5x MORE PROTEIN



* These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent disease.
Please check with your physician when using prescription medication in combination with food supplements.

ALTRUM News brings you the most recent information on ALTRUM nutritional supplements and how nutrition helps maintain youthful vigor, health and mobility — plus much more.



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