OMEA-3
Polynsaturated fatty acids (PUFAs)

DHA and EPA fats

• Docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) are long-chained omega-3 fats found in seawater fatty fish.

• DHA is an essential structural component of brain, found in high levels in nerve cells.

• Low levels of DHA have been linked to memory loss and Alzheimer’s disease.

• DHA up-regulates antioxidant enzymes – important for brain health.

• EPA is beneficial in treatment of depression, it decreases TNFa, IL1b, and PGL-E2, molecules usually elevated in depression.

• Fish high in omega-3: salmon, mackerel, sardines, anchovies, herring, krill oil.

Omega-3 index

• Percent of all fatty acids in the red blood cell membrane.

• Ideal levels: 8-12%

Benefits of Omega-3 Fatty Acids

• Structural element of cells, helps with tissue & cell repair

• Promote skeletal health - fish contains minerals, such as calcium, magnesium, and phosphorus

• Promote ♥ health - ↑ DHA blood levels were found to:
  • Lower the risk of a fatal heart attack
  • Reduce risk for death, nonfatal heart attack, stroke and cardiac arrhythmias. Omega-3 fats taken after heart attack improved odds of survival.
  • ↓ blood pressure, improve endothelial function
  • Lower triacylglycerides (TAGs), improve lipid profile
  • Lower inflammation

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