



AdvoCare Nutrition

Safety is the first consideration for every AdvoCare product. Each product is backed by more than 270 years of combined experience and expertise from the Scientific & Medical Advisory Board. Working with the Research & Development team, they ensure that AdvoCare products are based on proven and effective science and nutrition. Furthermore, the products offer a unique, comprehensive solution to your nutritional needs.



TUESDAY, MARCH 11, 2014

OmegaPlex the Super Nutrient

This is Doctor Sidney Stohs PH.D He is on the science and Medical board at AdvoCare. He has a little hobby he loves Omega-3 fatty acids. In my opinion OmegaPlex is a great supplement with a lot of health benefits. But I'll let Dr. Stohs tell you what he knows and what he has worked so hard on.

- **Sidney Stohs, Ph.D.** is Senior Vice President of Research and Development at ADVOCARE. He is also a former Dean, School of Pharmacy, Creighton University; professor of pharmacology and toxicology; holder of the Gilbert F. Taffe Jr. Endowed Chair in Research; fellow, American College of Nutrition; fellow, Academy of Toxicological Sciences; author, more than 300 research and educational publications; doctorate in biochemistry and microbiology, University of Wisconsin.

OmegaPlex - the Super Nutrient

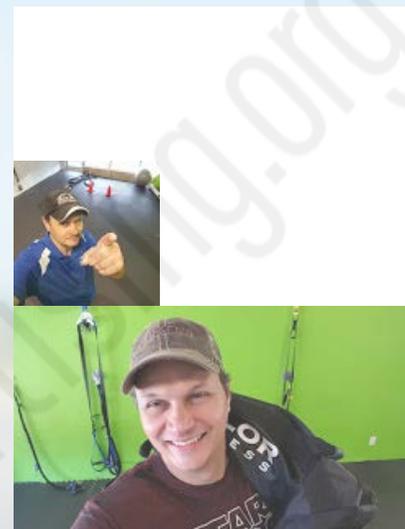
Recent research has clearly demonstrated that the consumption of appropriate levels of omega-3 fatty acids improves numerous health outcomes. The omega-3 fatty acids are important for numerous biochemical processes within our body. Everyone needs omega-3 fatty acids. The estimated daily requirement for an adult is 3 to 5 grams per day while the average diet may provide only 1 to 2 grams. Thus, dietary sources are insufficient to provide optimal health needs of omega-3 fatty acids. OmegaPlex is a proprietary blend of the omega-3 fatty acids, docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). These omega-3 fatty acids are highly purified, therefore eliminating concerns about contaminants such as heavy metals and pesticides. The source of the omega-3 fatty acids in OmegaPlex is fish oils from such species as mackerel, herring, sardines and anchovies.



Numerous research studies have demonstrated the cardiovascular benefits of consuming omega-3 fatty acids. Adequate intake of omega-3 fatty acids reduces the risk of heart disease and sudden cardiac death by supporting normal heart rhythm, normalizing blood pressure by increasing elasticity of blood vessels, decreasing triglyceride levels, and decreasing inflammation associated with the heart as evidenced by decreases in C-reactive protein (an inflammatory biomarker), as well as decreases in interleukin-6, which is a pro-inflammatory chemical in our body. In addition, omega-3 fatty acids have been shown to decrease the risk of stroke associated with blood clots by controlling and regulating blood coagulation.

Omega-3 fatty acids are important components of the membranes of nerve cells as well as the covering (sheath) of nerve and brain tissues. As a consequence, omega-3 fatty acids are critical for brain development during the last trimester of pregnancy as well as after birth. Not only does appropriate omega-3 fatty acid intake decrease the likelihood of a premature delivery, but studies have shown that adequate intake can improve infant visual acuity as well as cognitive development in newborns, improve

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sleep patterns and even increase IQ scores in young children. Omega-3 fatty acids can also improve motor skills, enhance mood, and slow the deleterious effects associated with Alzheimer's and other neurological conditions.

Omega-3 fatty acids exhibit an anti-inflammatory effect because they suppress the formation of pro-inflammatory substances that are derived from omega-6 fatty acids as arachidonic acid. Arachidonic acid and other omega-6 fatty acids are derived from vegetable oils such as soy, corn or safflower oils. The anti-inflammatory effects of appropriate omega-3 fatty acid intake can result in modest improvement in joint tenderness and morning stiffness as well as improved lung function. Furthermore, omega-3 fatty acids may help normalize inflammatory bowel conditions such as Crohn's disease, irritable bowel syndrome and ulcerative colitis.

Omega-3 fatty acids enhance the immune system by improving the general health of the intestinal tract as well as other tissues responsible for producing antibodies and protective cells associated with the immune system. As a consequence, appropriate intake of omega-3 fatty acids can result in an improvement in immune function and immunologic health with decreases in allergies and infections associated with the lungs, skin and urinary tract.

Finally, various research studies have demonstrated the importance of omega-3 fatty acids in bone and skin health, proper functioning of the liver and pancreas, and in the management of dysmenorrhea. Thus, the number of physiological functions in which fatty acids play an important role and in providing optimal health is impressive.

OmegaPlex contains 0.5 grams of the omega-3 fatty acids DHA and EPA per gelcap, the forms of omega-3 fatty acids needed by our body. Flax seed oil contains the omega-3 fatty acid linoleic acid. Only about 10 percent of linoleic acid is converted into EPA and DHA.

How much OmegaPlex should each individual take? For general health and maintenance, dietary research studies suggest that the average need may be 4 to 6 gelcaps per day.* To improve cardiovascular health, 6 to 8 OmegaPlex per day may be appropriate.* To enhance brain function and reduce chronic inflammation, 8 to 10 OmegaPlex per day may be required and in some situations, an even higher amount of omega-3 fatty acids may be necessary.* Omega-3 fatty acids are essential nutrients provided by OmegaPlex.

The most common undesirable effect associated with omega-3 fatty acids is a fishy aftertaste. This can be minimized by consuming OmegaPlex with meals and avoiding carbonated beverages. Concerns have been expressed about a possible interaction between omega-3 fatty acids and drugs being used for their anticoagulant properties (coumadin, aspirin, warfarin, etc.), particularly in cardiovascular patients. To date, research studies have not shown an increase in bleeding times when using omega-3 fatty acids with these drugs which affect blood clotting. However, individuals who are on anticoagulant therapy and taking omega-3 fatty acid supplements should continue to have their coagulation times determined.

Posted by [Eric Thompson](#) at 9:36 PM

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1.

[Eric Thompson](#) March 11, 2014 at 10:07 PM

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