



See the NEW LOOK of

ESSENTIAL FATTY ACIDS
Omega-3

We are so excited to unveil the new designs of Omega-3 Essential Fatty Acids. The new design utilizes more vibrant colors, our redesigned logo, and is better representative of the innovation and quality of NHT Global products.

The new design for Omega-3 can be seen starting May 21st. Stay tuned for updates on additional packaging design roll outs!



**Same great product,
with a fresh new look.**

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Violet WOW Products

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The Facts on Omega-3 Fatty Acids

When it comes to fat, there's one type you don't want to cut back on: omega-3 fatty acids. Two crucial ones -- EPA and DHA -- are primarily found in certain fish. ALA (alpha-linolenic acid), another omega-3 fatty acid, is found in plant sources such as nuts and seeds. Not only does your body need these fatty acids to function, but also they deliver some big health benefits:

How They Help Your Health

Blood fat (triglycerides). Fish oil supplements can lower elevated triglyceride levels. Having high levels of this blood fat puts you at risk for heart disease.

Rheumatoid arthritis. Fish oil supplements (EPA+DHA) can curb stiffness and joint pain. Omega-3 supplements also seem to boost the effectiveness of anti-inflammatory drugs.

Depression. Some researchers have found that cultures that eat foods with high levels of omega-3s have lower levels of depression. Fish oil also seems to boost the effects of antidepressants and may help the depressive symptoms of bipolar disorder.

Baby development. DHA appears to be important for visual and neurological development in infants.

Asthma. A diet high in omega-3s lowers inflammation, a key component in asthma. But more studies are needed to show if fish oil supplements improve lung function or cut the amount of



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