

# TrueBlue Omega 3

## TrueBlue Omega 3 Information Sheet



### Omega 3

Omega 3 fatty acids are not synthesized by the body and must be obtained from the diet. With the help of Omega 3, benefits include supporting of cardiovascular health, healthy mental functioning, and anti-inflammatory effects.

### Heart Health Benefits

Omega-3 fatty acids have been known to help reduce triglyceride levels, lower blood pressure, decrease inflammation, improve endothelial function, and reduce the risk of heart disease and stroke.

### Brain Health Benefits

Omega-3 fatty acids may help improve cognitive function, memory, and mood. It may reduce the risk of neurodegenerative diseases such as Alzheimer's disease and age-related cognitive decline.

### Eye Health Benefits

Omega-3 fatty acids are important for maintaining eye health and visual function. Adequate intake of omega-3 fatty acids has been associated with a reduced risk of age-related macular degeneration, a leading cause of vision loss in older adults.

### Anti-Inflammatory Effects

Studies have shown that omega-3 fatty acids help reduce pain and inflammation throughout the body, with conditions such as arthritis, chronic illnesses, and injuries.

### Skin Health Benefits

Omega-3 fatty acids are important for maintaining healthy skin cell membranes and may help reduce inflammation in the skin, leading to improvements in conditions such as eczema, psoriasis, and acne. They can serve to regulate oil production in skin as well as balancing the hydration within the skin.