



## HEALTH AWARENESS 12/2017: OMEGA 3

***Have you ever wondered what your brain is made of?***

Professor John S. O'Brien and colleagues at the University of Southern California have shown that fat accounts for 60% of white matter and 40% of grey matter. And the main fat in grey matter constituents is DHA, an omega-3 fatty acid.



GREY MATTER

WHITE MATTER



Grey matter is the organ that controls the whole body, while white matter is responsible for the neural transmission.



The human body can not synthesize omega-3 itself and must be absorbed from food. Three omega-3 fatty acids involved in the body's biochemical processes are ALA, EPA and DHA

DHA and EPA have great health benefits. The liver can synthesize some DHA and EPA from ALA.

# 9 GREAT EFFECTS OF OMEGA 3

## 1. Hỗ trợ sự phát triển não của thai nhi



Supports fetal brain development

Reduces stress

## 2. Giảm stress

2.



## 3. Giảm nguy cơ mắc Alzheimer (mất trí) và Parkinson (run khi nghỉ)



Decreases the risks of getting Alzheimer and Parkinson

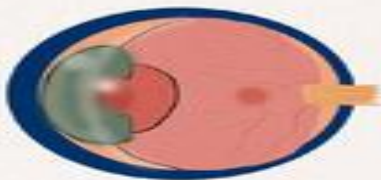
## 4. Giảm nguy cơ mắc các bệnh tim mạch

4.

Lowers the risk of cardiovascular diseases



## 5. Hạn chế thoái hóa điểm vàng



Limits macular degeneration

## 6. Cải thiện tình trạng nhiễm mỡ của gan

6.

Improves the status of fatty liver





Increases the immune system

Alleviates chronic inflammatory conditions



Good for skin

## TAKE OMEGA-3 SUPPLEMENTS DAILY



Omega-3 is commonly found in foods that are easily absorbed, such as salmon and algae.



Omega in fish oil capsules is harder to absorb.



Omega-6 fatty acids, which have similar digestive and absorption processes. Therefore the ratio of omega 3 and 6 in the meal should be balanced. Omega-6 is found in sunflower oil, soybean oil and vegetable oil. The most suitable is rapeseed oil.

**Disclaimer:** This information represents a summary of Marsh & Mercer's understanding regarding to health awareness based on some sources. This information is not binding and readers are advised to seek from their specialist doctors.