

Can Fish Oil Enhance Our Health?

What is fish oil?

FISH OIL IS ONE OF THE MAIN SOURCES OF OMEGA-3 NUTRIENTS. Omega-3 fatty acids belong to the group of fats that are essential for growth and development. Omega-3 is a name given to a group of essential fatty acids derived primarily from fish oil, such as mackerel, salmon and herring – thus its name. These essential fatty acids contain EPA and DHA. We rely solely on our diet to supplement our daily requirement of Omega-3 fatty acids because our body cannot manufacture them.

The discovery of Omega-3.

IT WAS IN THE MID 1970s RESEARCHERS OBSERVED THAT NATIVE GREENLANDERS HAVE A MUCH HEALTHIER CARDIOVASCULAR SYSTEM AND A LOW RISK OF HEART ATTACK OR STROKE. DESPITE A DIET HIGH IN ANIMAL FAT CONTENT. It has been found that they consume large amounts of fish containing EPA and DHA.

Benefits of fish oil.

THE BENEFITS OF FISH OIL ARE ABUNDANT AND COUNTLESS STUDIES ATTEST TO THAT. Apart from the proven benefits towards the heart, eyes and blood circulation, another reason people are taking fish oil is for its preventative effect on our mental acuity.

Increasing the intake of omega-3 fatty acids brings about long-term improvement in cardiac function and protects against heart attacks. Taking a daily supplement of fish oil may also help reduce the risk of cardiovascular related attacks especially for those with a family history of heart disease, hypertension and a history of smoking.

The omega-3 fatty acids EPA and DHA have been found to be absolutely vital, particularly for the heart, arteries and the

brain development in infants. High intake of total fats, saturated fats and cholesterol have a direct relation to dementia. Consuming fatty fish, on the contrary, significantly decreases the risk of dementia. Early intervention is of vital importance to protect our brain's health in the future.

By ensuring a sufficient intake of these nutrients, fish oil can help maintain the overall health of the heart, the blood and the brain.

Is it essential to take fish oil?

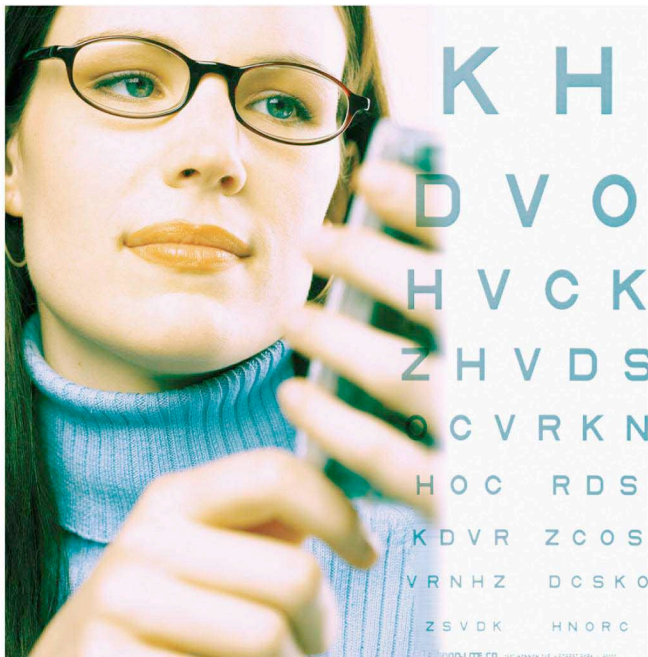
AS THE SAYING GOES, "YOU ARE WHAT YOU EAT", AND SINCE FISH HAS BEEN PROVEN TO BE CRUCIAL TO OUR GENERAL HEALTH, IT'S EVEN MORE IMPORTANT FOR US TO OBTAIN SUFFICIENT AMOUNTS FOR OUR BODY. It is literally impossible to obtain adequate amounts of the right fatty acids from our daily diet. The easier and fail-proof method will be to get the fatty acids via oral supplements. The environmental and genetic make-up are areas we have no control over. However, by exerting control over our intake of supplements, we are actively enhancing our health.

bwL's Super EPA 2000 enjoys a concentration of EPA/DHA in a single

capsule. One pill a day is all it takes for your daily requirement. Giving you 500mg EPA and 310mg DHA, a single capsule of Super EPA 2000 is the equivalent of a 100g serving of cooked salmon. It boasts the highest concentration of EPA/DHA in a single capsule in the market.

Beneficial to our overall health and development, Super EPA 2000 helps maintain your cardiovascular system in tip-top condition through proper removal of bad cholesterol. And with constant consumption, it helps in good memory and improved vision as well as preventing a wide range of diseases. bwL's Super EPA 2000 is also suitable for pregnant mothers.

Armed with the knowledge of how the Super EPA 2000 can help in our general well-being, let's start by taking one capsule of Super EPA 2000 today!



bwL Super EPA 2000

A diet rich in Omega-3 fatty acids supports:

- A healthy heart.
- Healthy joint movement.
- Healthy brain.
- Healthy immune system.
- Balanced mood and sense of well-being.
- Healthy kidneys.
- Improved strength and stamina.
- Maintain cholesterol levels that are already within the normal range.

