
OMEGAGUARD® SOFTGELS

In our increasingly overweight society, the word “fat” has taken on a very negative connotation. However, fats are still important nutrients in our diets, and it’s only when we eat too much or too little fat that health problems result. Just as proteins are made from building blocks known as amino acids, all the various fats that are needed in the body are made from fatty acids. Fatty acids rarely occur freely in foods or in the body, and are usually incorporated into compounds called triglycerides. Triglycerides in our food supply us with energy and the building blocks to make more fatty acids.

In the omega nomenclature system for fatty acids, the carbon atoms are numbered starting from the omega (ω) or methyl end of the molecule. In **omega-3** fatty acids, the double bonds start at the third carbon from the omega end; in **omega-6** fatty acids, they start at the sixth carbon. There are whole families of omega-3 and omega-6 fatty acids, and our bodies are able to make them all provided they have the **essential fatty acid** for each family. Essential fatty acids cannot be made by the body and must be supplied by the diet.

The **essential omega-6 fatty acid** is linoleic acid (LA), which is found in many vegetable oils (corn, cottonseed, safflower, sunflower, soybean, and wheat germ) and poultry fat. Other important omega-6 fatty acids are gamma-linolenic acid (GLA) and arachidonic acid (AA), which the body can make from LA. GLA may also be supplied directly to the body by using products that contain borage oil, evening primrose oil, and black currant seed oil; AA is found in milk, meat, and organ meats.

The **essential omega-3 fatty acid** is alpha-linolenic acid (ALA), which is found in plants grown in moderate climates (canola, flax seed, soybean, walnut, and wheat germ oil) and in wild game. One of the best sources of ALA is flax seed oil, and Shaklee Canada has a flax seed product that supplies this essential fatty acid. Other important omega-3 fatty acids are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which are found in fish that thrive in cold environments.

Nutritionists have been telling us for some time that the typical North American diet is top-heavy in omega-6 fats and doesn’t supply us with enough omega-3 fatty acids. Both families of fatty acids are critical in human nutrition because they’re building blocks of important compounds called prostaglandins, which have hormone-like properties in controlling various bodily functions.

The omega-3 family of fatty acids is particularly important to heart health, especially EPA and DHA. Fish oil contains both EPA and DHA in significant quantities. Your body can also make these two fatty acids from ALA – from flax oil, for instance. However, the conversion of ALA to EPA and DHA may only be about 7% to 10% in most persons. If you want to ensure a consistent supply of EPA and DHA, it’s more convenient to take fish oil capsules on a daily basis.

EPA is important to heart health because it helps produce hormone-like substances called series 3 prostaglandins, which have anti-inflammatory properties. EPA also gets converted to the fatty acid DHA, which is critical for the nervous system and brain function.

Studies of populations that consumed a high intake of fish were the first to demonstrate a positive association between heart health and the intake of fish oil. EPA and DHA are now associated with a reduced occurrence of coronary heart disease and atherosclerosis (the buildup of plaque in the blood vessels), lowering of blood pressure, and prevention of ventricular arrhythmias (life-threatening abnormal rhythms and electrical conductivity in the heart).

Shaklee's **OmegaGuard** contains a full spectrum of seven ultra-pure omega-3 fatty acids naturally found in fish oil to help maintain a healthy heart and cardiovascular system.

Because they're high in DHA and EPA content, **OmegaGuard** softgels support healthy brain, vision, and joint function. They also have a low odour level so there's no fishy aftertaste, and they're easy to digest and very bioavailable.

Health Canada Recommendations for Fat Intake

Your body needs a balance of "good" fats to be fully functioning. Health Canada suggests an intake of at least 3% and 0.5% of energy from omega-6 and omega-3 fatty acids, respectively (a 6:1 ratio). For omega-3 fatty acids, they recommend 0.55 g per 1,000 kcal of energy. For adult men (aged 25 to 74) who consume 2,300 to 2,700 calories per day, this would be about 1.3 to 1.5 grams per day; for adult women consuming 1,800 to 1,900 calories per day, it's about 1.0 to 1.1 grams per day.

Taking three **OmegaGuard** softgels (with a meal) will give you a total of 1 gram of omega-3 fatty acids, which includes a total of 905 mg of EPA (545 mg) plus DHA (360 mg).

Summary

Shaklee's **OmegaGuard** provides a full spectrum of seven ultra-pure omega-3 fatty acids naturally found in fish oil to help maintain a healthy heart and cardiovascular system, and to support healthy brain, vision, and joint function.

The fish oil used to make the softgels has been produced by a superior manufacturing technology that virtually eliminates trace contaminants such as mercury and other heavy metals, as well as PCBs, dioxins, and other pesticides that are found in nearly all fish around the world.

OmegaGuard is a product that most adults in North America will want to consider adding to their daily supplementation routines!