

# Now You Can Experience The Miracle Of Pharmaceutical Grade Fish Oil



By now you have probably heard of the benefits of Omega-3 Fish Oil. **CNN, WebMD, NIH, Network News** and thousands of research studies have validated the positive benefits of Omega-3 fish consumption. While eating fish serves as a great source of high quality protein, there are also numerous positive health supporting benefits to supplementing with Omega-3 Fish Oil.

Chiefly, supplementing with Fish Oil enables the body to benefit from consistent intake of Omega-3, without impurities.

Regrettably, when eating fish you may be exposed to contaminants like mercury or PCB's. Hence, the Government recommends people consume certain fish in moderation. However, mercury free, pharmaceutical grade, ultra refined Fish Oil supplements (such as Purity's Omega-3 Fish Oil formulas) are completely safe. Fish is a tremendous source of healthy Omega-3 Oils rich in DHA and EPA. **Studies conducted over the last decade continue to demonstrate the importance of consuming adequate amounts of Omega-3 Fats.**

## Healthier Cardiovascular Function\*

The positive relationship between cardiovascular health and Omega-3 Fatty Acids has been researched extensively. As spotlighted in the journal **Circulation**, **DHA** (Docosahexaenoic Acid) and **EPA** (Eicosapentaenoic Acid), both powerful Omega-3 Acids from fish oil, are also found in high levels in heart tissue.<sup>1</sup> Hundreds of studies reveal a correlation between these high levels of DHA/EPA in heart tissue and healthier cardiovascular function.



## High Levels of DHA and EPA Support Cardiovascular Health\*

High levels of DHA/EPA in heart tissue mirrors the concentration found in red blood cells. Those with the highest levels of DHA/EPA in the blood tend to have healthier cardiovascular function than those with lower levels. One such study in the **New England Journal of Medicine** followed 94 healthy men, without any evidence of prior cardiovascular disease, for a period of up to 17 years.

Baseline measurements of the fatty acid composition of the blood were taken at the beginning of the trial. The trial analysis revealed that the men with the highest levels of Omega-3 Fatty Acids in their blood were the least likely to suffer cardiovascular problems later in life.<sup>2</sup>

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*"By properly supplementing a healthy diet with OMEGA-3 FISH OILS, one can powerfully support the optimal functioning of the HEART, BRAIN, BONES, JOINTS, SKIN AND JUST ABOUT EVERY CELL IN THE BODY."\**

*Dr. Irfan Qureshi*

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## Omega-3 Fish Oils Are Also *Essential* for Brain Health\*

Aside from being heart healthy, research shows Omega-3 Fish Oils are also essential for brain health. DHA is by far the most predominant fatty acid in brain tissue, accounting for upwards of 40% of the total weight of the human brain.<sup>5</sup> Therefore, it should come as no surprise that **Omega-3 Oils play a major role in brain development, cognition, mood regulation and transmission of nerve signals.** A 4 year study of men and women between the ages of 63-74 measured blood cell levels of fatty acids. At the end of the 4-year period, the men and women who had higher levels of Omega-3 Fats as a component of their blood cell membranes **were best able to**

**maintain normal cognitive function over this length of time.**<sup>6</sup> Other studies have found similar results. A study conducted in The Netherlands looked at the link between fish fatty acid intake and cognitive function. This population based study of over 1,600 subjects found that **individuals with higher fish and fish oil intake were on average better able to maintain healthy memory function and normal cognition.**<sup>7</sup>



## Omega-3 Fish Oil and Positive Mood

Another area where research on fish oil is being conducted is that of mood regulation and learning ability. **Studies show that Omega-3 Fish Oils may have a profound effect on promoting positive mood and vitality.**



## References

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