

# Omega 3 Fatty Acids - EPA, DHA & ALA



## Why do we need it?



- Help lower blood pressure & triglycerides.
- Brain function & development.
- Anti-inflammatory properties.
- Pregnancy & infant development.

## Adequate Intakes (AI):

- EPA & DHA combined: **250-500mg/day**.
- ALA: **1.6g/day** (men) & **1.1 g/day** (women).
- Children: ALA = 0.5 - 1.5 g/day.



**= 2000mg  
EPA & DHA**

1100g Salmon



**= 5g ALA**

28g Chia Seeds



**= 2.5g ALA**

28g Walnuts

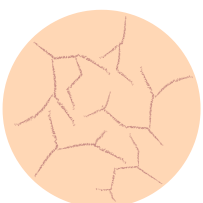


**= 4580mg  
EPA & DHA**

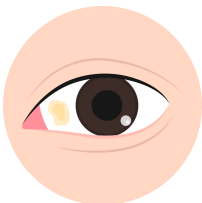
100g Mackerel

## Symptoms of Deficiency:

Dry Skin



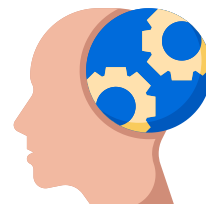
Dry Eyes



Joint Pain &  
Stiffness



Cognitive Issues



Fatigue

