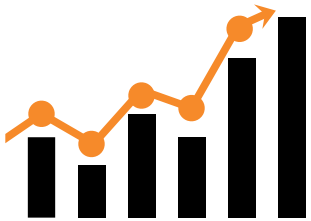


DID YOU KNOW?

OMEGA - 3 FATTY ACIDS



PERFORMANCE IMPACT

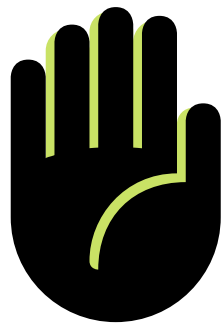
- Reduce inflammatory response after training
- Improve exercise recovery
- May improve RTP time after head injury/insult



LONG TERM IMPACT

- May improve HDL (GOOD CHOLESTEROL) levels
- Improve cerebral blood flow and cognitive function
- May improve blood pressure and blood flow
- May support muscle growth/regeneration during injury

DOSE AND USE PROTOCOL



DHA/EPA SOURCES:

Fatty fish, seafood, algae, supplements, fortified eggs/milk

ALA SOURCES:

Nuts, chia seeds, flaxseed, soy, canola oil

Consume 1-2 g/day of combo EPA/DHA (or ~8 oz. fish/week)



CAUTION

- May also increase TG and LDL levels with supplementation
- High fat diets have poor O3:O6 ratio - pro-inflammatory
- No consensus on correct dose/daily amount