



MAGICAL SUPPLEMENT FOR BRAIN AND HEART-AMWAY NUTRILITE OMEGA-3.

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Omega-3 is a combination of three fatty acids they are ALA, EPA, DHA. They are necessary for human health but the body cannot make them-you have to get them through food.

Omega-3 fatty acids help reduce inflammation, and most omega-3 fatty acids tend to promote inflammation.

Omega-3 fatty acids reduce inflammation and may help lower risk of chronic diseases such as Heart disease, cancer and arthritis.

Omega-3 fatty acids are highly concentrated in the brain and appear to be important for cognitive(BRAIN MEMORY AND PERFORMANCE) and behavioral function.

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