

The Omega Farms Difference!

We offer the health benefits of Omega-3's in convenient, great tasting dairy products. Give your child the nutritional advantage of Omegas, plus all of the nutrition in high-quality dairy products – calcium, vitamin D, protein and other essential vitamins and minerals.

For more information about the health benefits of Omega-3 fatty acids, visit:

American Heart Association
www.americanheart.org

American Diabetes Association
www.diabetes.org

National Institute of Health
www.nih.gov

International Society for the Study of Fatty Acids and Lipids (ISSFAL)
www.issfal.org.uk

Omega-3 Information Service
www.omega-3info.com



CALL: 1-866-MEGSMLK
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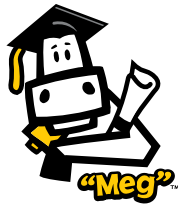
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Entirely Good for You!
• Mind • Body • Heart •



WITH
Omega-3's
EPA and DHA

www.MegsOmegaFarms.com



Scientific experts agree that Omega-3 fatty acids are good for a healthy mind, body and heart, but we just don't get enough in our regular diets. **Research shows Omega 3's promote brain and eye development in infants and help the heart function.** The US Food and Drug Administration (FDA), says "Supportive but not conclusive research shows that consumption of EPA and DHA Omega-3 fatty acids may reduce the risk of coronary heart disease."

What are Omega-3 Fatty Acids?

Omega-3 fatty acids are long chain polyunsaturated fatty acids – the "good" dietary fats.

Not all Omega-3's are the same. Certain Omega-3 fatty acids, docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA), exist naturally in fish and fish oil. These are the Omega-3 fatty acids known to support heart health. The other popular Omega-3 fatty acid present in food is alpha linolenic acid (ALA) found in flaxseed, soybeans, walnuts, and canola, which is an essential fatty acid important in making other healthy fats in the body. However, your body must convert ALA into a useable form of EPA and DHA. This process is known to be uncertain and inefficient.

Omega Farms dairy products are a pure and direct source of EPA and DHA Omega-3. One serving of Omega Farms milk, cheese, yogurt, or orange juice provides 75mg of EPA and DHA Omega-3, derived from purified fish oil – the best source of Omegas – that is 100% taste and odor free.

Health Benefits of EPA and DHA Omega-3:

✓ Decreased risk of Cardiovascular Disease (CVD)

- The American Heart Association (AHA) recommends that all adults eat fatty fish at least twice per week. For Women and children who are not eating fish 2-3 times per week, it's a good idea to supplement.

Research Shows Additional Health Benefits:

- ✓ DHA is important for brain and eye development in infants
- ✓ Ensures healthy nails, hair and skin
- ✓ Anti-inflammatory effect in the body, and may benefit inflammatory disorders
- ✓ May improve brain function and age related memory functioning
- ✓ May aid in the management of hormonal and mood related conditions
- ✓ Improved concentration and learning in school age children
- ✓ Protects against type-2 Diabetes
- ✓ Relieves symptoms of asthma

