



## Revealed! New immunity benefits of Omega 3s

The health benefits of omega 3s are backed by over 27,000 studies, making them some of the most studied nutrients in the world. Omega 3s are well-known for their proven cardiovascular, brain, eye, and anti-inflammatory health benefits.

### The recent evidence - omega 3s for optimal immune health

The latest research on omega 3s reveals a central role in immunity too. A study looked at the link between nutritional status and a well-functioning immune system and recommended 250mg/day of omega 3s for optimal immune health.

### Post-infection inflammation management

So how does this work? DHA and EPA enhance the function of immune cells. Recent evidence suggests it's the anti-inflammatory properties of omega 3s that is most important for a healthy immune system.

Inflammation is a normal part of fighting off infection. After the infection has passed, the body needs to stamp out the inflammation. Otherwise, ongoing inflammation can have a negative impact on health. Post-viral fatigue is a prime example of this.

The latest findings show that omega 3s help resolve post-infection inflammation. Specifically, DHA and EPA are converted to specialised anti-inflammatory molecules that effectively decrease inflammation. By resolving post-infection inflammation, omega 3s support a healthy, balanced immune system that can effectively fight off pathogens.

### How much omega 3 do I need?

With the new finding that 250mg of omega 3s is needed daily for healthy immune function and the global recommendation of 250 – 500mg of omega 3s daily for cardiovascular health, you may be wondering how you can increase your intake.

You should aim for at least two servings of fish per week, with at least one of those servings being oily fish such as salmon or sardines. Consistency is key! And as we all know, it can be difficult to consistently get enough omega 3s from diet alone.

### Get 1,000mg of omega 3s daily with Xtend-Life

Xtend-Life's superior quality fish oil products provide 1,000mg of omega 3s per dose. That ticks the boxes for cardiovascular, brain, eye AND immune system support.



### Get the lowdown on omega 3s for health & wellbeing

Find out why you need omega 3s every day and how to get the right amount for your health needs.

[LEARN MORE](#)

### The ultimate fish oil for heart health

Providing 1,000mg DHA and EPA and premium CoQ10 for additional heart support, plus astaxanthin and lycopene for eye and skin health. The best of all worlds!

[SHOP NOW](#)



### Xtend-Life's signature omega 3 blend PLUS eye and skin support

Get all the benefits of 1,000mg DHA and EPA, plus targeted antioxidant support for glowing skin and eye health with premium astaxanthin and lycopene.

[SHOP NOW](#)



### Get all the benefits from Xtend-Life's signature omega 3 blend

This one's for the purists out there! Get all the benefits of 1,000mg DHA and EPA for heart, brain, eye and anti-inflammatory health, without extra ingredients.

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