

New Review Proves Omega-3 Fatty Acid Consumption Significantly Reduces Stroke

QUOTE BOARD

“According to a 2021 worldwide analysis, 1 in 4 adults will suffer a stroke in their lifetime, and it is the second-leading cause of death and the third-leading cause of death and disability combined.”

“Docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) have been widely studied since the 1970s when these PUFAs were reported to be inversely associated with risk of acute MI among Greenland Inuits. Over the ensuing 4 decades, intensive scientific investigation established the cardioprotective effects of EPA and DHA.”

“Recently, a meta-analysis of 38 RCTs that included 149 051 people reported that marine omega-3 PUFA supplementation was associated with statistically significant reductions in CV [cardiovascular] mortality, major adverse CV events (composite end point of nonfatal MI [myocardial infarction], nonfatal stroke, or CV death), and coronary revascularization.”

“In this harmonized, pooled, de novo analysis of data from up to 183 291 people in 29 prospective studies from 15 nations, in vivo DHA, EPA, and EPA+DHA levels were inversely associated with risk of total and ischemic stroke during an average of 14 years of follow-up.”

WHAT YOU NEED TO KNOW

Omega-3 fatty acids are essential nutrients meaning your body cannot produce them and thus you must consume them on a daily basis in order to have sufficient amounts for healthy structure and function.

The average Western Diet is dangerously deficient in Omega-3 fatty acids therefore daily supplementation is the best and most convenient way to ensure sufficient intake.

Omega-3 fatty acids do not just reduce the risk of stroke, because these nutrients are essential for virtually all cell, tissue, and organ function, sufficient intake also reduces pain and inflammation, improves immune function, reduces depression, improves muscle function, improves blood sugar, improves brain function, and improves overall health and function.

WHAT YOU NEED TO DO

You need to supplement with a high quality, contaminant-free, fully fatty acid complement Omega-3 fatty acid fish oil like Innate Choice OmegA+D Sufficiency™.

For more information and to order the Innate Choice® Essential Nutrient System Supplements please visit www.eatwellmovewellthinkwell.com.

O’Keefe, J.H. et al 2024 – Omega-3 Blood Levels and Stroke Risk: A Pooled and Harmonized Analysis of 183,291 Participants From 29 Prospective Trials. Stroke; 55: 50-58