# Knight Wellness

# **OMEGA 3 SHIELD**

IMPROVES HEALTHY ESSENTIAL FAT BALANCE



## WHY YOU NEED ESSENTIAL OILS

Some fat is good and in fact is essential for optimal health.

Omega 3 Shield contains the best balance of Omega-3
essential fatty acids (EFAs) with the beneficial and the
most potent, highest available eicosapentanoic acid (EPA)/
docosahexaenoic acid (DHA) combination. Distilled and
nitrogen purged for purity and protection, Omega 3 Shield
contains the essential oils you need.\* Like many, you may
associate fat with obesity and health risk. However, certain fats
are required for healthy function; these are known as EFAs.

Omega 3 Shield is a blend of pure marine lipids derived from deep sea fish yielding a high level of Omega-3 EFAs: EPA and DHA. These brain and body building "good for you" lipids meet our standards and bring the complicated issues of fat supplementation into one easy-to-use source. EFAs are essential because they can only be obtained from the diet. The body is unable to manufacture them even though they are required for critical chemical reactions in the body. The average American diet is too high in harmful fats, and therefore, it is also deficient in EFAs. Foods lose EFAs through processing, exposure to air (oxygen), oxidants, and toxins (from lead and mercury to peroxides and sulfites); therefore, deficiencies have become more the rule than the exception. Only Omega 3 Shield gives you the essential fats in one formula, and, as with all of our products, its ingredients are of the highest action and purity.\*

Omega-3 EFAs (including EPA and DHA) are required for cell membranes to achieve optimum fluidity as well as to have a correct balance between inflammatory and counter inflammatory hormones in the body. EFAs are the source of the body's potent prostaglandins, which are hormone-like substances that regulate many cardiovascular, reproductive, immune, hormonal, and nerve functions.\* Considering its importance, it is not surprising that EFA deficiency is linked to many serious disease states, including:

Cardiovascular disease. Arteriosclerosis is characterized by a build-up of plaque in the arteries. Omega-3 fatty acids act as blood thinners, helping to reduce the clotting and aggregation associated with this disease. They play an important role in preventing and treating arteriosclerosis. Studies show that individuals with a diet high in Omega-3 fatty acids have significantly lower rates of heart disease. Cellular Energy Shield also improves cardiovascular function.\*

**Inflammatory/autoimmune diseases.** EFAs not only prevent atherosclerosis but possibly also reduce the risk of autoimmunity. EFAs can benefit patients with inflammatory diseases, such as asthma, arthritis, dermatitis, eczema, and psoriasis.\*

**Premenstrual syndrome (PMS).** Deficiencies in EFAs have been associated with PMS. The anti-inflammatory effects of EFAs can relieve menstrual symptoms such as cramps, bloating, and nausea.\*

**Concentration and attention** [attention deficit disorder (ADD)/ attention deficit hyperactivity disorder (ADHD)]. Deficits in EFAs cause nerve electrical irritability that reduce attention span and decrease ability to concentrate.\*

#### **OMEGA 3 SHIELD: A COMPLETE EFA FORMULA**

Clearly, fatty acid supplementation can provide substantial health benefits. Scientific studies have associated an insufficient intake of Omega-3 EFAs with the following: depression, memory problems, low intelligence, learning disorders, dyslexia, attention deficit disorder, schizophrenia, dementia, irritability, poor vision, inattention, alcoholism, lack of concentration, hostility, aggression and several degenerative neurologic diseases. Fortunately, **Omega 3 Shield** contains:

- EPA, which increases membrane fluidity nearly to the same degree as DHA and has also shown significant benefits for neurologic function.
- DHA is similar to EPA. DHA, a member of the Omega-3 family, converts to anti-inflammatory prostaglandins. Studies indicate that DHA is especially vital to growing or repairing brain and nerve cell function by restoring Omega-3 prostaglandins that repair (PGF2alpha and PGI).\* By far the most powerful EFA for enhancing membrane fluidity, it is the "king of all the Omega-3 EFAs for the brain." It confers the highest degree of membrane fluidity of all the Omega-3 EFAs. It is so important for optimum brain function that in a healthy brain, 50% of the lipid content is in the form of DHA. DHA has a positive effect on diseases such as hypertension, arthritis, atherosclerosis, depression, adult-onset diabetes mellitus, myocardial infarction, thrombosis, and some cancers.

# TWO (2) OMEGA 3 SHIELD SOFTGELS PROVIDE

### **ENERGIZED NUTRIENTS**

Marine Lipid Oil 1650 mg
EPA (Eicosopentaenoic Acid) 660 mg
DHA (DocosahexaenoicAcid) 500 mg
Lemon Oil 40 mg

**OTHER INGREDIENTS:** Marine lipid oil, Lemon flavor oil, gelatin shell (bovine gelatin, glycerin, water)

#### WARNING

Pregnant and nursing mothers need to check with their health professional before taking supplements.

### **TYPICAL DOSAGE**

As a dietary supplement, take two (2) softgels a day or as directed by your health professional.

Available in bottles of 120 capsules.

#### **EPA AND DHA TOGETHER**

EPA and DHA have been shown to reduce the tendency of blood to clot with protective effects for the entire cardiovascular system. In addition, Omega-3 EFAs may improve cholesterol fractions in the blood. Use of EPA and DHA has also been shown to enhance the function of the immune system. In a Japanese study, EPA and DHA together were found to be beneficial for children with asthma.

## **REFERENCES**

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- 2. Gebauer SK, Psota TL, Harris WS, Kris-Etherton PM. n-3 fatty acid dietary recommendations and food sources to achieve essentiality and cardiovascular benefits *Am J Clin Nutr.* 2006 Jun;83(6 Suppl):1526S1535S.
- 3. Nagakura T, Matsuda S, Shichijyo K, Sugimoto H, Hata K.Dietary supplementation with fish oil rich in omega-3 polyunsaturated fatty acids in children with bronchial asthma. *Eur Respir J.* 2000 Nov;16(5):861-5.

