



Steadfast NUTRITION

PREMIUM WELLNESS NUTRITION



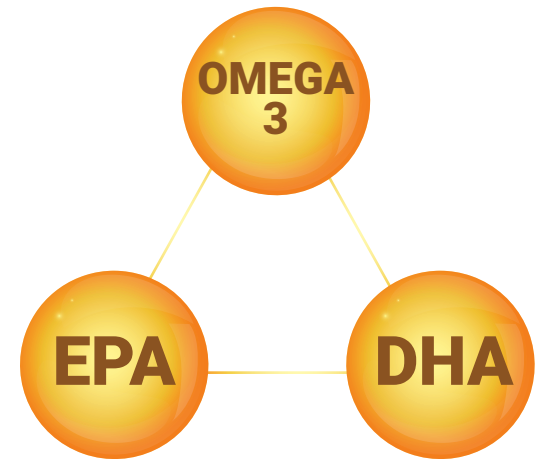
Introduction

SN Fish Oil is extracted from Sardine fish, which is a fatty fish and provides the high quality omega 3 fatty acids which strengthen joints, reduce inflammation and improve cardiovascular and cognitive functioning of the body. It contains Eicosapentaenoic Acid (EPA) and Docosahexaenoic acid (DHA) in the ratio of 3:2 which works best for the human body utilization. EPA and DHA are precursors of certain eicosanoids which can help in reducing inflammation in the body. Apart from this, Omega 3 is related with improved immunity, lowering bad cholesterol and enhancing overall health status of the body. Fishes do not produce these Omega 3 fatty acids by themselves but store them by consuming algae or prey fishes. Marine and fresh water fishes vary in Omega 3 content because of their different levels of lipids in the organs. Fishes like herring, mackerel, salmon, tuna and others contain a higher percentage of Omega 3 fatty acids. However, a major drawback with these fishes is the accumulation of higher levels of mercury which can lead to toxicity in the body. Fatty predator fishes like shark, swordfish and others are more prone to toxicity because of the accumulation of toxins through biomagnification as they are at the top of the food chain. Sardine fish is a great source of Omega 3 fatty acids and unlike vegetarian options which contain Alpha-linolenic acid (ALA) gets converted to EPA and DHA in the body through a cascade of reactions. However, the conversion rate is limited in the body because of different hormonal reasons and the presence of anti-nutrition factors.



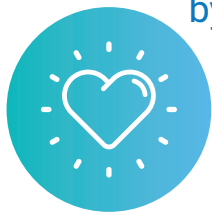
How Does It Works

SN Fish Oil contains Omega 3 fatty acids comprised of EPA and DHA. They both work together to provide all the health benefits of improved heart health, smarter brain, strengthen bones and reduced inflammation. Omega 3 fatty acids are the major components of cell membrane and acts as powerful anti-oxidant that helps in reducing oxidative stress in the body. EPA works as a precursor of many eicosanoids that is related with reduction of inflammation in the body. On the other hand, DHA is a primary structural component of human brain, skin and retina. Declined levels of DHA is been associated with decline in cognitive functioning, neural cell death and symptoms of depression. Therefore, a balance between EPA and DHA is important for overall health and well being. SN Fish Oil is been extracted from single source fish, Sardine, which provides high quality Omega 3 fatty acids that provides maximum benefits.

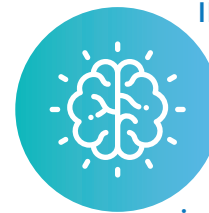


Benefits Of The SN Fish Oil

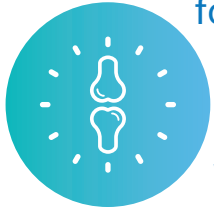
Healthy Heart: Consuming fish oil improves the lipid profile by increasing “good fat”, HDL and lowering total triglycerides. This improves the blood flow and makes the heart healthy. Higher level of bad cholesterol in body is associated with many cardiovascular diseases including Arrhythmias and plaque formation in arteries called as Atherosclerosis.



Smarter Brain: Adequate EPA and DHA are associated with improved cognitive functioning. They are present in the membrane of brain cells, preserving cell membrane health and facilitating communication between brain cells. This improves overall focus, concentration and mental health.



Strengthen Bones: With aging bones become more prone for breakage because of lower bone density.



Adequate Omega 3 consumption plays a major role on different bone metabolisms which improves the bone density and prevent the chances of osteoporosis.

Better Vision: DHA is an important structural composition of retina and therefore, it is important to have



adequate DHA to improve the vision. Declined DHA consumption is also related with higher risk of macular degeneration that can cause permanent damage to eye or blindness in severe cases.

Enhance Skin Health: Omega 3 works two ways to improve skin health. First, DHA is a part of cell membrane

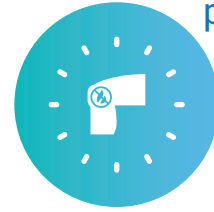


and consuming enough Omega 3 can provide you enough DHA important to maintain good health of skin cells. Secondly, EPA helps in managing oil production, acne and hydration of

the skin. Therefore, Omega 3 helps in keeping skin moist, soft and hydrated.

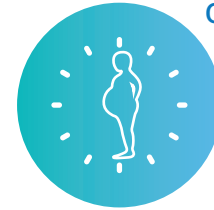
Apart from these benefits, Omega 3 fatty acids have many more benefits including reduction in liver fat in non alcoholic fatty liver and helps in weight management.

Reduce Inflammation: High intensity workout would lead to physical stress and if it is persistent then it can



lead to inflammation and soreness of muscles. Higher level of inflammation reduce immunity of the body and increase the risk of infection and illness. Omega 3 from fish oil is potent antioxidant which can reduce inflammation.

Reduce symptoms of Metabolic Syndrome: Adequate



consumption of omega 3 is associated with improvement in different metabolic syndromes including obesity, hypertension, insulin resistance and lipid profile. Metabolic syndrome is itself a bigger term which include many different conditions.

Enhance Sleep Quality: Lack of DHA is linked with lower level of melatonin in body which is a hormone that helps in



quality sleep. Consuming adequate Omega 3 improves the length and quality of the sleep. Improved sleep is linked with reducing risk of various lifestyle disorders and improved overall well being.

Who Can Take SN Fish Oil

Anyone who is looking to improve their overall good fat content can add SN Fish oil. Indian dietary habits include more of Omega 6 fatty acid and imbalance between Omega 3 and Omega 6 fatty acids can affect your body adversely. Therefore, it is important to add Omega 3 fatty acids in daily routine.

Athletes: Prolong and intense activity level of an athlete leads to extra inflammation in the body which can put the body at higher risk of infection and illness because of suppressed immunity. Therefore, adding SN Fish Oil can boost immunity and reduce the chances of infection which improves the overall health of the athlete.



Weight Watchers: Consuming good quality Omega 3 fatty acids can improve the body composition which can reduce the waist to hip ratio. However, to get the best result it is important to balance diet and workout along with consumption of fish oil.



Office Goers: Hectic schedule, skipping of meals and lack of sleep can affect the immunity of the body adversely and therefore, it is important to add Omega 3 fatty acids. Adding Fish Oil in adequate content improves the overall health and well being of the individual including cognitive and cardiovascular functioning.



Elderly: With aging there is muscular degeneration which can affect the vision, skin health and overall muscle mass of the body. Omega 3 fatty acids helps in improving muscular degeneration which improves overall health and well being of the elderly.



When to take SN Fish Oil

The ideal way to consume SN Fish Oil is to consume with meals to improve the digestion and absorption of the content. You can consume it with any meal during the day from 2 to 3 times depending on your requirement and dietary habits.

Why Omega 3 from Sardine Fish?

Sardine fishes contain low level of mercury as compared to other fatty fishes like Mackerel.

Sardine's essential fat plays an important role at the cellular level in skin cells. This not only decreases skin inflammation but also makes the skin more beautiful.

Sardine Fish Oil may improve the immune system by increasing the count of immune cells.

Regular intake of Omega 3 fats found in Sardine fish is good for heart as it helps in reducing cholesterol and blood pressure, thereby preventing stroke and atherosclerosis.

Four gram of fish oil from Sardine contains approximately:

40.6 Cal
Energy

4.5 g
Fat

14.9 IU
Vitamin D

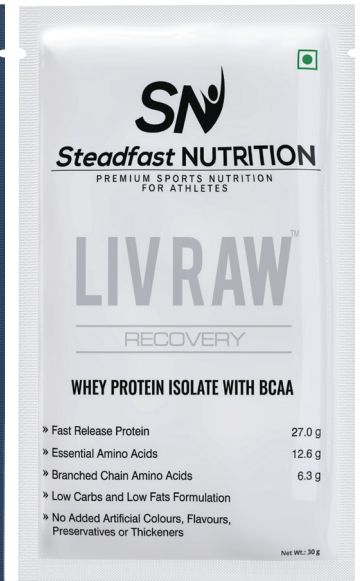
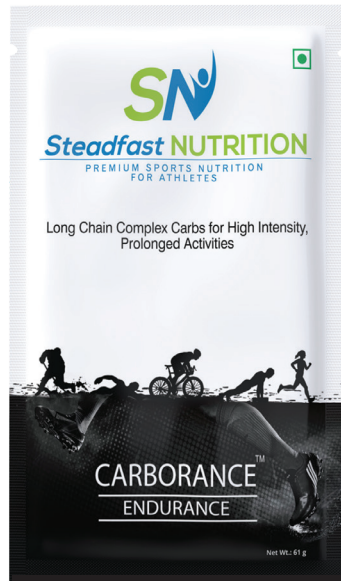
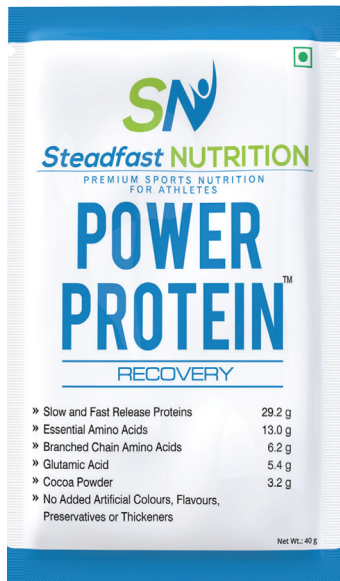
1084 mg
Omega 3



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PREMIUM SPORTS NUTRITION

NUTRITIONAL RANGE



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Steadfast Nutrition

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