

ProYoung Omega-3

from cold pressed organic flax seed oil extract.



Healthy Heart



Promotes Weight Loss



Anti-Inflammatory



Antioxidants & Lignans

Composition of ProYoung Omega-3

Contains the essential fatty acids in the amount of 1000mg per soft gel, out of which **Omega-3 ALA: 570mg**, **Omega-6 LA: 160mg**, **Omega-9 OA: 180mg**, and the Other essential fatty acids makeup 90mg. And also contains essential nutrients like **vitamins, minerals, protein**, and **phytochemicals like Lignans especially phytoestrogens and antioxidants**.



Health Benefits of ProYoung Omega-3

Healthy Heart:

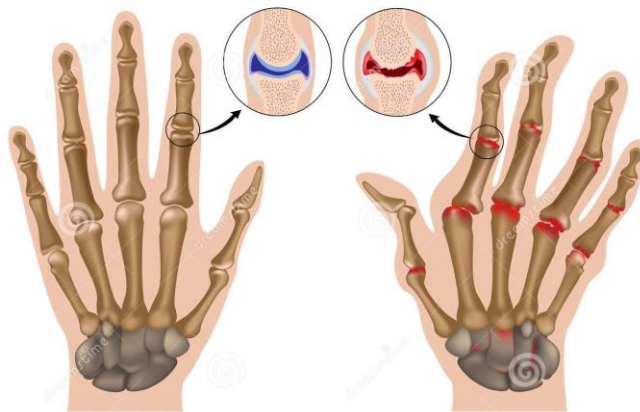
ProYoung Omega-3 helps in lowering the LDL cholesterol and triglycerides, and making platelets less sticky there by reducing the inflammation and promoting blood vessel health to prevent atherosclerotic vascular disease leading to hypertension and heart disease.



Anti-inflammatory:

What is inflammation? Inflammation is nothing but a **fire at the cellular level**.

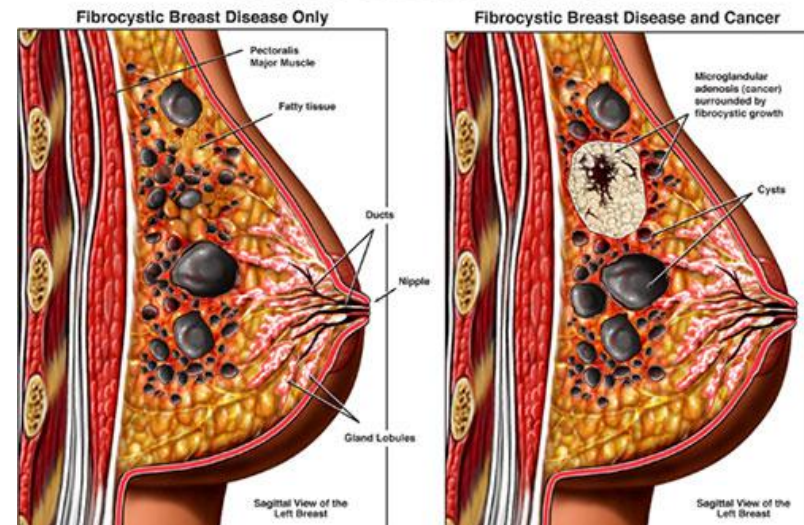
ProYoung Omega-3 reduces severe **joint pain** and **swelling** by reducing **inflammation** in the joints and counter the **inflammation** associated with **RA, gout, lupus, Psoriasis** and **fibrocystic disease of the breast** and also help to calm the **inflammation** and repair of **intestinal damage**.



Normal

Rheumatoid Arthritis

Fibrocystic Breast Disease With and Without the Presence of Breast Cancer



Anti-inflammatory:

ProYoung Omega-3 also helps in the healing of skin in **eczema**, **psoriasis** and **rosacea** and enhance overall skin soothing properties and also promote **healthy hair** and **nail**; and nourish dry, brittle nails, stopping them cracking or splitting.

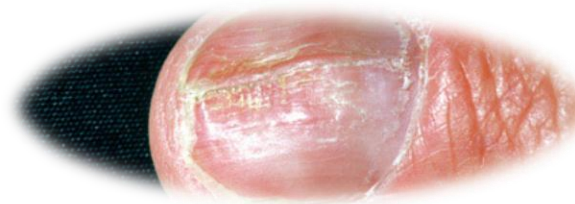
eczema



psoriasis

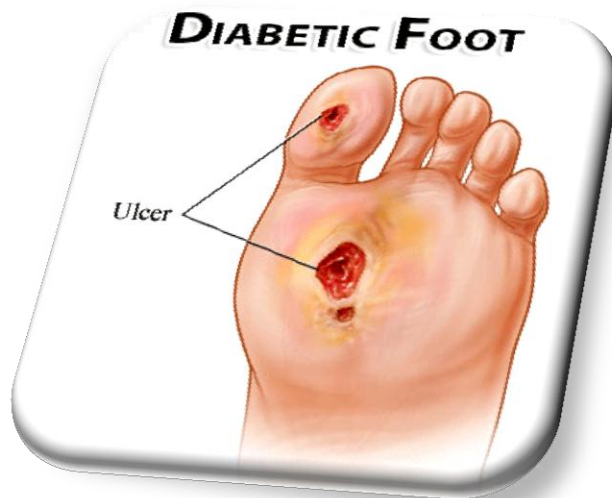


rosacea



Nerve Health:

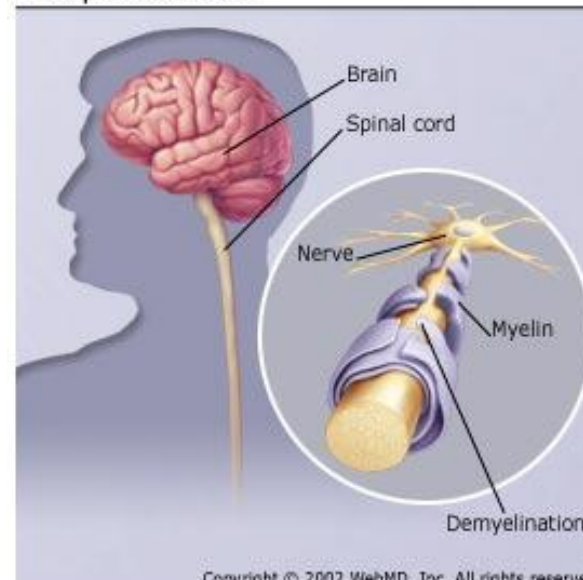
ProYoung Omega-3 assists in the **transmission of nerve impulses** there by relieving symptoms of **tingling and numbness** and protect the **nerve damage** associated with **diabetes and MS**.



tingling and numbness



Multiple Sclerosis



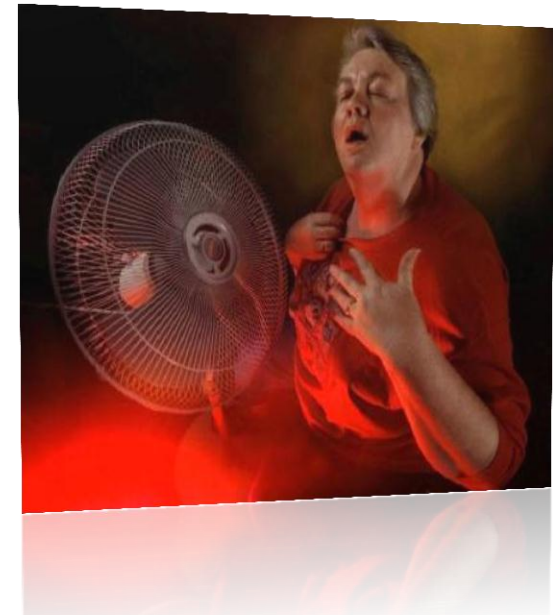
Women's Health:

ProYoung Omega-3 block the release of **prostaglandins** which are responsible for **heavy bleeding** during **menstruation** associated with the **endometriosis** and also help to stabilize **estrogen- progesterone ratio**, there by relieving **hot flashes** in **perimenopause** and **menopausal** women.

Abdominal pain during menstruation in endometriosis



hot flashes



Men's Health:

ProYoung Omega-3 helps to prevent **swelling and inflammation of the prostate gland**, helps in **male infertility** by keeping the **sperm healthy** and also help in the **male impotence** by improving the **blood flow to the penis**.



Weight Management:

ProYoung Omega-3 also helps with the **fat loss** in the **weight management**.



Other Health Benefits:

- ✓ Taking **omega-3 fatty acids** during **cyclosporine** therapy may reduce **toxic side effects**, such as **high blood pressure** and **kidney damage**, associated with this medication in **transplant** patients.
- ✓ Increasing the amount of **omega-3 fatty acids** in your diet may help **cholesterol** lowering medications (**statins**) to work more effectively.
- ✓ **Omega-3 fatty acids** reduced the risk of **ulcers** from **non-steroidal anti-inflammatory drugs (NSAIDs)**

Precautions:

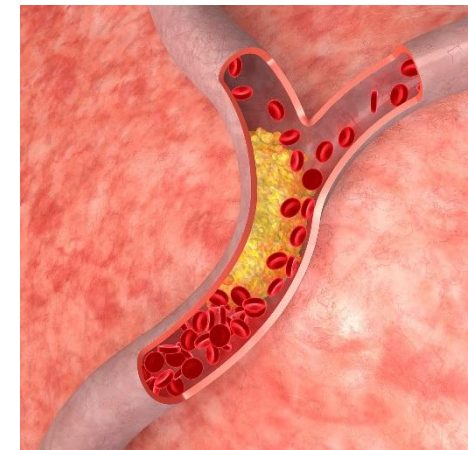
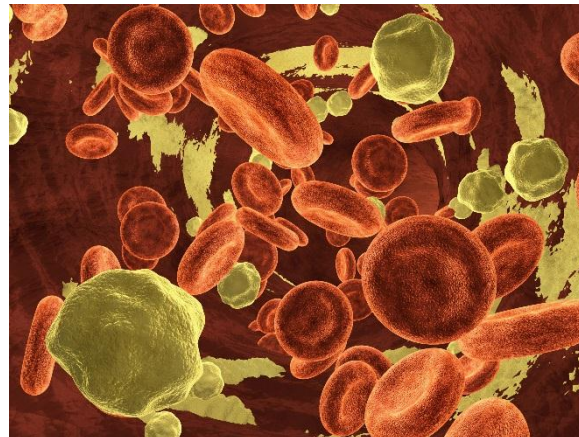
- ✓ **Omega-3 from flax seed oil should be taken by it self and maintain at least an hour gap and should not be taken along with any medication or any nutritional supplements as it delays the absorption of the drug or nutrients when taken together.**

To Whom I recommend **ProYoung omega-3 ?** everybody.

Why Everybody ? because we are all using **unsaturated long chain fatty acids for cooking** which does not contain any **omega-3 fatty acids** but contains plenty of **omega-6 and 9** resulting in the **alteration of omega-3 to 6 normal ratio of 1:1** to somewhere between 1:20 to 1:50 which promotes **inflammation.**



All **long chain unsaturated fatty acids** when subjected to **heat** while cooking they undergo **oxidation** which in turn **oxidizes** {damages} your **LDL cholesterol** which in turn attracts **platelets** and they become **sticky** and attracts **calcium** to the site of **inflammation** in the **blood vessels** leading to **atherosclerotic plaque** formation leading to **hypertension** and **heart disease**.



All **long chain unsaturated fatty acids** requires **complicated enzymatic system** for **digestion**. If you are **deficient** in any one of those **enzymes** **the long chain unsaturated fatty acids** are **accumulated as fat** in your body leading to **obesity** rather than being utilized for **energy**.



What is the take home message?

Therefore we have no choice but to load our bodies with the world class high quality **omega-3 fatty acid supplements** in the **optimal dosage**:

Omega-3 ALA from **Flax seed oil**,

Omega-3 EPA, and **DHA** from Fish oil

to reduce the **inflammation** and to prevent, control **hypertension** and **heart disease**; and in controlling **inflammation** associated with various conditions like **RA, Gout, Lupus, psoriasis, fibrocystic disease of the breast, eczema, and rosacea**; and also preserving the **nerve health**.

Omega-3 fatty acids also help in protecting **women's and men's health**.