



AlMega® is a cardiovascular health, dietary supplement that combines organic seed oils and medium-chain triglycerides (MCTs) for essential fatty acids that are generally lacking in our diets.

### How is AlMega Unique?

- Cold-pressed, virgin seed oils
- Seed oils are organic
- Provides a balanced 2:1 ratio of omega-3 and -6 essential fatty acids
- Internal cosmetic for great skin

### Approach

AlMega provides a balanced 2:1 ratio of omega-3 and -6 essential fatty acids (EFAs) from organic seed oils. AIM uses cold-pressed virgin oils only because leaving them in their natural form by not exposing the oils to heat retains all of the nutritional value of the seeds.

Every cell, tissue, gland and organ in your body is dependent upon the presence of EFAs. As one of the main structural components of every cell membrane, EFAs are necessary for cell repair, growth and activity.

Essential fatty acids (EFAs) are good fats that we need for healthy living. They are key structural, metabolic and regulatory components of every cell in the body. It is impossible to maintain health without EFAs. They keep our cell membranes flexible and permeable so that nutrients can enter the cell and waste can be eliminated, thereby improving and regulating cellular function.<sup>1</sup>

### Why are EFAs so Important?

EFAs restore energy, help us digest our food, reduce cravings, transport nutrients throughout the cells, burn fat, contribute to healthy hormonal balance, soften and smooth the skin and keep bones strong. EFAs are absolutely necessary for optimal health and well-being. However, our bodies cannot manufacture EFAs (omega-3 and -6), so we must get them from our diets on a daily basis. Contrary to popular belief, eating fish once in a while is not enough. Inadequate EFA intake is one of the most widespread nutritional deficiencies today, so supplementation is necessary.

If the body gets enough EFAs, it can make all of the other fats it needs to support healthy cellular and immune function. The two essential fatty acids are omega-3 alpha-linolenic acid (ALA) and omega-6

### Key Benefits and Features

- Helps maintain cardiovascular health
- Combats inflammation
- Promotes healthy skin
- Helps maintain healthy cell membrane structure and function
- Provides omega-9 fatty acids from olive oil
- Medium-chain triglycerides (MCTs) provide energy
- 120 gelatin capsules (gelatin is Halal and Kosher)

linoleic acid (LA). These polyunsaturated fats are involved in converting food into energy and play a role in maintaining cardiovascular health, as well as maintaining the overall health of every system of the body.

### Omega-3

Without omega-3 fatty acids, the body cannot make prostaglandins, which are lipid compounds involved in immune function. ALA also has an anti-inflammatory effect, which can help in managing joint pain and body aches related to aging. Additionally, some ALA can be metabolized into the long-chain omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which support brain and cognitive function, as well as nerve health and healthy vision.<sup>2</sup> Fish oil is the most common supplement for EPA and DHA fatty acids.

### Omega-6

While omega-3 is crucial to a healthy diet, omega-6 is also essential. We tend to get a fair amount of omega-6 in our diets; however, most of it comes from refined and damaged sources, such as baked goods and pasta. This is why it is essential that we get omega-6 from a natural source.



AlMega provides a healthy source of omega-6 linoleic acid (LA). The body converts omega-6 LA to gamma-linolenic acid (GLA), which is helpful for keeping the skin moisturized and maintaining healthy hormone levels. LA also converts to arachidonic acid (ARA), which may help with responsiveness and cognitive function. This is all relative to how much ARA is consumed by the brain. In one study, young healthy volunteers' brains consumed ARA at a rate of 17.8 mg/day and elderly participants noted improvements in cognitive function with ARA supplementation.<sup>1</sup>

## Omega-3 and -6 EFAs in Balance

Getting a sufficient and balanced amount of essential fatty acids is absolutely vital for staying healthy. One of the many functions of omega-3 and -6 is to act as precursors for building hormone-like compounds known as prostaglandins. Prostaglandins derived from these two essential fatty acids have opposite effects in the body. Those produced from omega-6 increase inflammation (an important component of the immune response), blood clotting and cell proliferation, while those from omega-3 decrease these functions. To maintain optimal health, the different types of prostaglandins must be in balance. AlMega provides a 2:1 ratio of omega-3 and -6 essential fatty acids to maintain this balance.

## Omega-9

AlMega also supplies an olive-oil source of omega-9 (oleic acid, a monounsaturated fat), which is not essential because the body can make it from other fatty acids, but it is recommended for overall good health. Olive oil is an excellent source of heart-healthy omega-9 and has been found to contribute to a healthy cardiovascular system.

## Ingredients

### Organic flax (*Linum usitatissimum*) seed oil

Flax seeds contain about 55% omega-3 and about 16% omega-6.

### Organic sesame (*Sesamum indicum*) seed oil

Rich in omega-6 LA, which the body converts to GLA, ARA and DPA.

### Organic olive (*Olea europaea*) oil

Contains some omega-6 and is a rich source of monounsaturated omega-9.

### Organic sunflower (*Helianthus annuus*) seed oil

One of the richest sources of omega-6.

### Medium-chain triglycerides (MCTs)

MCTs are easily digested fats that the body quickly uses for energy rather than being stored in fat cells; they may also promote fat burning (thermogenesis).

## How to use AlMega

- Take 2 to 3 capsules twice daily. Best taken with meals.
- Keep out of reach of children.
- Consult a health care practitioner if pregnant, nursing, have blood-clotting or gallbladder disease or taking blood thinners.

Contains sunflower, sesame and flax seeds.

## FAQs

### Who should take AlMega?

Individuals who wish to increase their energy, maintain cellular function, improve cardiovascular and immune system health and balance inflammatory processes in the body can take this balanced blend of essential fatty acids and good fats.

### How is the omega-3 in flax oil different from fish oil?

ALA found in flax oil is the parent fatty acid in the omega-3 family. A portion of ALA may be converted to eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which are long-chain omega-3 fatty acids found in fish oil. On its own, ALA appears to have unique physiological benefits apart from its conversion to EPA and DHA. ALA is especially useful to support heart health and the immune system. For individuals who prefer not to take fish oil, AlMega offers a healthy alternative.

### Is there anyone who should not use AlMega?

Yes, those who are allergic to sunflower, sesame or flax seeds.

1. H. Tallima, R. El Ridi. 2018. Arachidonic Acid: Physiological Roles and Potential Health Benefits- A Review. 11: 33-41.

2. E. Ochi, Y. Tsuchiya. 2018. Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA) in Muscle Damage and Function. 10(5): Abstract.

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