



TAKE YOUR HEALTH TO HEART WITH GOOD FATS

What are Essential Fatty Acids?

Often referred to as “EFAs”, they are specific types of fat required by the body to establish and maintain overall well-being.

Why are they called “Essential”?

The human body is unable to synthesize them on its own. There are 2 main types:

- **Omega-6** Linoleic Acid (LA) which is found naturally in the seeds of most plants, including grains.
 - The changed form of Omega-6, Arachidonic Acid (AA) makes more prostaglandin E2, which is a potent pro-inflammatory co-factor. This is important during an injury as swelling can occur to protect the area.
- **Omega-3** Alpha-Linolenic Acid (ALA) which is found in the chloroplasts of green leafy vegetables, and in some nuts and seeds, such as flax. Since many fish eat seaweed with chloroplasts, consuming these types of fish provide Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA), the changed forms of Omega-3.
 - **Omega-3s** produce more specialized pro-resolving mediators (SPMs) that turn off the inflammatory response when it is no longer required.^{1,2}

Why is it important to supplement with Omega-3?

The average Canadian diet is very different from that of our ancestors, who ate a roughly 1:1 ratio between Omega-6 to Omega-3 essential fatty acids, while our current diets are believed to be closer to a 20:1 ratio.¹

- A large portion of the standard Canadian diet is grain based, and the oils used most frequently for cooking and in processed foods are Omega-6.
- Most livestock are fed grains instead of grazing naturally;³ therefore the fats that are found in meat, dairy and eggs are predominantly AA (the changed form of Omega-6).
- Meanwhile, fish, which Canadians tend to eat less of,⁴ provides DHA and EPA (the changed forms of Omega-3).

Canadian statistics on Omega-3 levels for heart health⁵

Statistics Canada, in partnership with Health Canada, and The Public Health Agency of Canada, analyzed red blood cell omega-3 levels of a nationally represented sample of Canadian adults and found that:

- 43% were in the high-risk category for cardiac heart disease
- Only 2.6% of Canadians aged 20-79 met the healthy Omega-3 Index level associated with a low risk of cardiac heart disease. Canadians who were taking Omega-3 supplements were part of this smaller-sized low-risk group.
- Moving from a high risk to low risk Omega Index level, reduced cardiac events (such as heart attacks) by 90%!

If you are concerned about your heart health, a healthy Omega-3 Index (associated with a low risk of heart disease) is easily achievable through a daily intake of 500 mg of EPA and DHA⁵ from Omega-3 fish oils.

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¹ Simopoulos, Artemis, P. (2016). An increase in Omega-6/Omega-3 Acid Ratio Increases the Risk for Obesity. *Nutrients*. Mar; 8(3):128.
² Linus Pauling Institute’s Micronutrient Information Center. Essential Fatty Acids. Accessed Nov 14, 2019 at: <http://lpi.oregonstate.edu/mic/other-nutrients/essential-fatty-acids#biological-activities>
³ Canadian Cattleman’s Association. Feed. Accessed Nov 14, 2019 at: <http://www.cattle.ca/cca-resources/animal-care/feed/>
⁴ Statistics Canada. (2018). Protein sources in the Canadian diet, 2015. Accessed Nov 14, 2019 at: <https://www150.statcan.gc.ca/n1/pub/11-627-m/11-627-m2018004-eng.htm>
⁵ Langlois, Kellie & Ratnayake, Wallsundera M.N. (2015). Omega-3 Index of Canadian adults. *Statistics Canada Health Reports*. 82-003-x Vol. 26 No.11.p3-11.

SAVE \$3



Valid on any one Jamieson Omega product

7920: Extra Strength Omega-3 NFA, 9029: Omega-3 + Turmeric NFA, 6233: Wild Salmon & Fish Oil, 7846: Omega Complete Ultra Strength Krill 1,000 mg

Inclusions: All Jamieson Omega formulas, including Salmon & Fish Oils, Flax Oil, and Omega Complete

Exclusions: Omega-3 Kids Gummies

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