

# Omega 3 Fatty Acids White Paper

## Omega 3 Fatty Acids

In today's fast-paced health conscious world, the word 'fat' has many negative connotations. However, we tend to forget that there are good fats out there that are vital to life. So what is a good fat? Essential Fatty Acids (EFAs) are the 'good fats' that are commonly deficient in the United States, particularly Omega 3's. Since the human body cannot make EFAs, we need to supplement our daily diet.

Your body needs high quality Omegas. With more news every month about the benefits of Omega 3's, it's no longer one of those 'optional' supplements.



## The Essential Facts

Omega 3 Fatty Acids are an essential unsaturated fat that can reduce clot formation and lower the 'bad' LDL cholesterol. It may protect the body from heart disease and keep your arteries healthy.

Omega 3 fish oil is quickly becoming as important to your overall health as a daily multivitamin. The significant benefits for your health are far too numerous to ignore. From heart health to better brain function, from reducing the risk of cancers to improving people's moods, Omega 3's just might be one of the most important supplements in your daily diet.

Unless you eat cold water fish at least 3-4 times a week, you are probably not getting enough Omega 3's in your diet. In fact, many food companies are now making claims that their products have added Omega 3's. Unfortunately, many of those foods do not contain nearly enough Omega 3's needed by the body or forms that are easily absorbed.

## Omega 3 Deficiencies

Linked to many conditions including:	Signs of Fatty Acid Imbalance:
Allergies	Allergies
Arthritis	Difficulties learning
Cancer	Dry eyes
Depression	Dry skin
Diabetes	Fatigue
Dyslexia	Lowered immunity
Heart disease	Mood swings
Memory loss	Poor circulation
Weight gain	Reproductive problems

*In a recent study, those who consumed the highest levels of fish oil fats enjoyed a 44% reduction in risk for heart attacks and related problems over those with the lowest levels.*

Xooma's Omega 3/75™ is a one-of-a-kind formula that contains a high ratio of EPA (Essential Fatty Acids) along with shark liver oil & squalene for immune system support. All the oils in this trademarked formula are derived from wild deep-sea cold-water fish and work to support optimal immune function by providing powerful antioxidants and by stimulating the production of white blood cells (neutrophils and macrophages).

### More on the key ingredients in Omega 3/75

**Shark Liver Oil** has been shown to:

- Fight infections
- Stimulate white blood cells, macrophages, platelets and cytokins
- Acts as immune system boosting agents to help fight infectious disease and possibly inhibit cancer cell proliferation

### Squalene

Squalene has been found to play a key role in maintaining health and your body's natural defense system. Squalene is a single, highly unsaturated hydrocarbon, which can easily produce oxygen by combining with water. It is of the highest purity available. When the body experiences an increase in oxygen, energy metabolism is enhanced and a more efficient metabolic process occurs at the cellular level.

Since Squalene is a natural substance that is easily absorbed, it acts as an antioxidant and aids in the body's detoxifying system which protects against foreign substances.

### Alkoglycerol

Alkoglycerol has been shown to possess a potent immune system stimulant activity and the terms alkoxyglycerols and shark liver oil are frequently used interchangeably. Alkoxyglycerols are found naturally in shark liver oil in the form of fatty acid esters. They are a lipid substance found in the blood-forming organs, such as bone marrow, spleen and liver. They are also important components of human breast milk. It stimulates the formation of white blood cells (leucocytes) and platelets, and promotes the activation of macrophages during inflammation and tumor processes.

For decades, alkoxyglycerols have been researched and shown to stimulate the brain, benefit brain development in young people and act as an anti-depressant.

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

