

11 Reasons to Supplement With Omega-3

The essential Omega-3 fatty acids are alpha-linoleic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA). The human body cannot synthesize Omega-3 fatty acids, but it can form 20 and 22 carbon, unsaturated Omega-3 fatty acids from the 18 carbon Omega 3 fatty acid ALA.

Both the Omega-3 ALA and Omega-6 linoleic acid are essential nutrients which must be obtained from food or supplements.

Synthesis of the longer Omega-3 fatty acids from linoleic acid within the body is competitively slowed by the Omega-6 analogues. **This is why it is very easy to end up with a deficit of Omega-3 fatty acids if additional Omega-3s are not ingested through [Omega-3 supplementation](#).**

Accumulation of long-chain Omega-3 fatty acids in tissues is more effective when they are obtained directly from supplements or when competing amounts of Omega-6 analogs do not greatly exceed the amounts of Omega-3.

Omega 3 Benefits

1. **improved cardiovascular system**
2. **improved circulatory system** – mostly due to increased thinning of the blood and decreased cholesterol and triglycerides
3. **reduction in stickiness of blood platelets** – this helps prevent unnecessary blood clots, and trust me when I say this is a good thing. Coming from a man that has had blood clots twice, I am telling you, you do not want them!
4. **relief from arthritis and chronic inflammation** – supplementing with Omega-3 will help to decrease inflammation in irritated tissue, including muscles and joints
5. **reduction of joint aches and pains** – Omega-3 fatty acids help to lubricate your joints, making them function smoothly, with less pain and inflammation
6. **healthy cholesterol levels** – benefit by Omega-3 supplementation by enjoying a healthier ratio of LDL to HDL
7. **healthy triglyceride levels** – in a recent study, patients that supplemented with 2 g of Omega-3s per day, saw decreased triglycerides within the first 2 weeks of the study
8. **normal heart rhythm** – the theory is that Omega-3s decrease heart disease through blood thinning and moderation of the heart rhythm
9. **healthy brain & memory function** – this is especially important in infants and children. Your brain uses a vast array of nutrients to do what it does. Omega-3 fatty acids are vital to proper brain function and growth. Thus, before your next test, interview, or public speaking event, you should definitely supplement with additional Omega-3s.
10. **healthy pregnancy** – a mother's health and optimal development of her child's brain, nerves and eyes during pregnancy & breast feeding are facilitated by supplementing with Omega-3 fatty acids
11. **healthy insulin levels** – in a recent study, 3 weeks of Omega-3 supplementation at 1.1 g EPA and .7 g DHA/day, decreased insulin response to increased blood glucose by approximately 40%, with lower glucose oxidation and higher fat oxidation.

Reference website: <http://www.projectswole.com/supplements/11-reasons-to-supplement-with-omega-3/>