

# Omega 3 HP-D

## WHAT IS OMEGA 3 HP-D?

Omega 3 HP-D is a high-potency Omega 3 supplement that combines a high yield of the Omega 3 essential fatty acids EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) along with 1,000 IU of Vitamin D3. Omega 3s are essential fatty acids (EFAs) that must be ingested because the body doesn't produce them naturally.

Omega 3s are also known as the "good fats" found in every cell in the body. They are purported to support a healthy brain, heart health and cellular function. These "good fats" may help reduce inflammation in the body and the risk of heart disease. Since proper levels of Omega 3s are essential for cellular function, supplementation may also contribute to an improved immune system, as well as healthy joints, skin, hair and more.

Primarily derived from cold-water fish and shellfish, the EPA and DHA found in Omega 3 HP-D are categorized as long-chain Omega 3 fatty acids. EPA and DHA provide more potent health benefits compared to short-chain, plant-based Omega 3 fatty acids like AHA (alpha-linolenic acid), which must be consumed in large quantities in order to deliver comparable results.

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## WHAT CAN OMEGA 3 HP-D DO FOR ME?

Omega 3 fatty acids are essential for optimum health, especially for the heart, brain and cell membranes in the body. Vitamin D3 is also important for heart health, as well as vascular function. Your practitioner may prescribe Omega 3 HP-D to support:

- Cardiovascular health
- Cholesterol balance
- Brain health
- Neurological performance
- Immune system function
- Cellular function
- Joint health
- Healthy skin and hair
- Hormone optimization
- Inflammation management

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This supplement is an important component of the EvexiPEL Superior Hormone Pellet Therapy



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