

What everyone should know about Omega 3

Many foods are now coming with Omega3 6 and 9 all ready included. The Omegas are essential fatty acids that your body requires for optimal growth and well being. Our bodies are capable of manufacturing Omega9 from the foods we eat, however it is unable to make Omega3 and 6.

Since the human body cannot make its own Omega3 and 6, your diet must provide a steady intake of both. The suggested ratio you should have in your diet for Omega3 and Omega6 is 1:1, however many doctors suggest the Omega3:Omega6 ratio may already be anywhere from 1:20 to 1:40. Seeing that our diets are already so high in Omega 6, you may want to consider taking Omega3 supplements to help you remedy the imbalance.

Below is an explanation of the three types of Omega3 supplements available on the market today.

Flax Oil

Flax oil is a non-marine source of Omega3 and contains the Omega3 called alpha-linolenic acid (ALA), which the body needs and cannot make for itself. Several other sources of ALA do exist, most notably walnuts and hemp seed. However, because flax only yields ALA, which then must be converted into EPA and DHA by the body, it is not an effective source of Omega3 for the following reasons:

- Flax oil contains no DPA, the third main component of Omega3
- Converting ALA into EPA and DHA is not very efficient, especially as one gets older
- Bodily conversion of ALA results in low levels of EPA and DHA
- Flax oil is high in Omega6, something our bodies do not need

The estimated rate of ALA to EPA and DHA conversion ranges from 5% to 25%. This means in order to make sufficient amounts of EPA and DHA, one would need to consume 5 to 6 times more ALA than you would if you were to use fish oil alone.

Fish Oil

Whether you are eating fish or taking fish oil supplements, fish has been known to contain numerous health benefits, especially fatty species which are rich sources of Omega3 fatty acids. Proven benefits range from lowering triglycerides and blood pressure and the risk of heart disease, to the more subtle effects of reducing chronic inflammation. Fish oils provide a direct source of EPA and DHA. There are, however, some problems with fish oils:

- Low levels of DPA
- High in Omega6
- Fish are susceptible to chemical pollutants and dioxins in the water

Seal Oil

Seal oil is one of the best and most direct sources of EPA, DHA and DPA, the third component of Omega3. While DPA is present in some fish and fish oils, the levels are much lower than seal oil, about 1/5. Seal is oil has been found to be the best source of Omega3 for the following reasons:

- Seal oil contains the highest levels of DPA
- Seals can filter out chemical impurities better than fish
- It is chemically similar to the Omega3 found in our bodies

Unlike both flax and fish oil, seal oil has only traces of Omega6, and may be one of the best Omega3 supplements to reduce the imbalance of Omega3:Omega6.

About the Author

ABOUT THE WRITERS David Leonhardt and Corey Rozon are [Canadian professional website marketing specialists](#). This article about the [benefits of Omega 3](#) was written with the help of DPA LIFESTYLES.