

### **Omega-3 Polyunsaturated Fatty Acids**

These important food components are frequently in the news in connection with their numerous health benefits - such as decreasing the risks of heart disease and of degenerative brain and joint diseases.

Within this family of acids, omega-3 - alpha-linolenic acid (ALA) must be obtained from the diet: it can be converted (with relatively low efficiency) by the body to the longer chain omega-3-icosapentaenoic acid (20:5) [EPA] and omega-3-docosahexaenoic acid (22:6) [DHA]. These latter two acids are required to produce the beneficial health effects within the body.

Oily fish are a rich natural source of EPA/DHA - but, increasingly, common foods such as bread and milk are being marketed as fortified in omega-3 acids.

Eclipse analyse foods for their omega-3 content - just request a fatty acid profile, including omega-3 acids. Contact us at [sales@eclipsescientific.co.uk](mailto:sales@eclipsescientific.co.uk).

Visit [www.eclipsescientific.co.uk](http://www.eclipsescientific.co.uk) for more information.

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