

Move It Move It

with Omega-3

Joints are the connection between two bones that allow movements. With joints, we can turn our heads, bend our elbows, wiggle our hips, walk, jump, and do other things. As we age, little aches and pains may start to creep into our lives causing daily activities to become uncomfortable.

The good news is, Omega-3 has been widely noted for its health benefits and its use for healthy joints.

Managing Inflammation

Inflammation is the main cause of joint pain. It can affect any joint causing it to become red, swollen, and painful.

Omega-3 has been found to be good in managing inflammation by:

- **Helping to reduce** the production of eicosanoids and cytokines that cause **cartilage degradation**¹ which consequently lead to joint pain.
- **Diminishing** the production of inflammatory markers that trigger **inflammation**.²

May help in reducing Joint Stiffness, Swelling and Pain

Due to its effectiveness in managing inflammation, Omega-3 has been found to help **reduce pain, stiffness, tenderness and swelling** in joints.³



Promoting Joint Mobility and Flexibility

Omega-3 is incorporated into the cells that produce the joint's cartilage and helps to **regulate the normal process of maintaining cartilage thickness** in our joints, for better mobility and flexibility.¹

Acting as a Joint Lubricant

Joint lubricant is naturally produced by specific lubricant cells in your joints. Omega-3:

- Is **likened to a lubricant** called synovial fluid that cushions and lubricates the joints.⁴
- **Supports comfortable joint movements.**
- **Enables creaky and painful joints to move freely.**

Let's **MOVE IT** with **Omega-3 fatty acids**. Make it a part of your daily diet!

References:

1. James M, Proudman S, Cleland L. Fish oil and rheumatoid arthritis: past, present and future. Proc Nutr Soc. 2010 Aug;69(3):316-23. PMID: 20509981.
2. Artemis P, Simopoulos. Omega 3 fatty acids in inflammation and autoimmune diseases. Journal of the American College of Nutrition, Vol. 21, No. 6, 495-505 (2002)
3. Volker D et al. Efficacy of fish oil concentrate in the treatment of rheumatoid arthritis. J Rheumatol. 2000 Oct;27(10):2343-6.
4. Moghaddami M et al. Synovial fluid and plasma n3 long chain polyunsaturated fatty acids in patients with inflammatory arthritis. Prostaglandins Leukot Essent Fatty Acids. 2015 Jun;97:7-12

1800 88 6577 | 03 5622 3188 | customerinquiry@shaklee.com

www.shaklee.com.my | www.shaklee2u.com.my (Distributor Log in)



shakleeproductsmalaysia

Shaklee Products (Malaysia) Sdn Bhd (AJL 93747) Company No. 301287-T