

Omega-3 Fatty Acids is a **FAT** that won't make you **FAT**

We all know that Omega-3 fatty acids bring numerous health benefits to the human body – from improving circulatory health, brain health to promoting joint health. But did you know it can help you shed some extra pounds when taken in combination with regular exercise and a well-balanced diet? Let's get lean with this healthy fat!

Regulates Healthy Body Fat Levels

Excess fat stored in our body is one of the major factors that contribute to weight gain. Research shows that Omega-3 can help us achieve healthy body fat levels because it:

- **Improves metabolic rate** - the rate of calories your body burns in a day.¹
- **Improves rate of fat burning process.**¹
- **Improves blood circulation** to body muscles during exercise and increases the body's ability to burn more fat.¹
- **Regulates** a healthy level of **fat** accumulated from our daily meals.^{2,3}

Modulates Satiety

Two main hormones - ghrelin, and leptin - are responsible for the hungry and full sensations we experience. A combination of a healthy diet and Omega-3 intake has been found to be beneficial in regulating these two hormones and:

- **Improve satiety** - you feel **full for a longer period** after meals.²

Improves Healthy Insulin Levels

Insulin transforms carbohydrates from the food we eat into energy. Thus, having a healthy level of insulin is crucial for maintenance of a healthy body weight and Omega-3 could help by:

- **Improving body insulin sensitivity** – the more sensitive our body cells are towards insulin, the less likely the food we eat will be stored as fat.^{5, 6}

Alleviates Stress

Stress can contribute to weight gain. Omega-3 helps **regulate** healthy levels of cortisol, a **stress hormone** that causes you to store rather than **burn off stubborn calories.**⁷



References:

1. Singh M. Essential fatty acids, DHA and human brain. Indian J Pediatr. 2005 Mar;72(3):239-42.
2. Judge MP, Harel O, Lammi-Keefe CJ. Maternal consumption of a docosahexaenoic acid-containing functional food during pregnancy: benefit for infant performance on problem-solving but not on recognition memory tasks at age 9 mo. Am J Clin Nutr. 2007; 85:1572-7
3. Helland IB, Smith L, Saarem K et al. Maternal supplementation with very-long-chain n-3 fatty acids during pregnancy and lactation augments children's IQ at 4 years of age. Pediatrics. 2003 Jan;111(1):e39-44.
4. Kidd PM. Omega-3 DHA and EPA for Cognition, Behavior, and Mood: Clinical Findings and Structural Functional Synergies with Cell Membrane Phospholipids. Altern Med Rev. 2007 Sep;12(3):207-27.
5. Nilsson A, Radeberg K, Salo I, Björck I. Effects of supplementation with n-3 polyunsaturated fatty acids on cognitive performance and cardiometabolic risk markers in healthy 51 to 72 years old subjects: a randomized controlled cross-over study. Nutr J. 2012 Nov 22;11:99. doi: 10.1186/1475-2891-11-99.
6. Molino A., Gioia G., Fanelli F. R., & Muscaritoli M. (2014). The Role for Dietary Omega-3 Fatty Acids Supplementation in Older Adults. Nutrients. 6(10), 4058-4072.
7. Tanaka K., Farooqui A. A., Siddiqi N. J., Alhomida A. S., & Ong W.-Y. (2012). Effects of Docosahexaenoic Acid on Neurotransmission. Biomolecules & Therapeutics. 20(2), 152-157.
8. Conklin SM1, Gianaros PJ, Brown SM, Yao JK, Hariri AR, Manuck SB, Muldoon MF. Long-chain omega-3 fatty acid intake is associated positively with corticolimbic gray matter volume in healthy adults. Neurosci Lett. 2007 Jun 29;421(3):209-12.
9. Chang CY1, Ke DS, Chen JY. Essential fatty acids and human brain. Acta Neurol Taiwan. 2009 Dec;18(4):231-41.

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