

Omega -3's have been called "the miracle food of the 21st century". Omega-3's are considered essential fatty acids. They are essential to human health but cannot be manufactured by the body. For this reason, Omega-3 fatty acids must be obtained from food. Omega-3 fatty acids play a crucial role in brain function as well as normal growth and development. Pregnant women and nursing mothers, young children and women who might become pregnant should not eat several types of fish because of possible high mercury levels. They can take Omega-3 fatty acids in quality dietary supplements that are certified mercury-free by a reputable third-party lab.

There are many benefits of Omega 3's including reducing inflammation; helps prevent risk factors associated with chronic diseases such as heart disease, cancer and arthritis. These essential fatty acids are highly concentrated in the brain and appear to be particularly important for brain memory and performance and behavioral function.

Clinical studies continue to show that diets high in Omega-3's can be helpful in treating a variety of health conditions such as:

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| Allergies | Cardiovascular Disease |
| Anemia | Cirrhosis of the Liver |
| Asthma | Chrohn's Disease |
| Alzheimer's | Bronchial Tightness |
| Cholesterol | High Blood Pressure |
| Depression | Rheumatoid Arthritis |
| Diabetes | Parkinson's Disease |
| Dry-Eye | Psoriasis |
| Heart Disease | Inflamed Bowel |
| Osteo Arthritis | Ulcerative Colitis |
| Stiffness | Schizophrenia |
| Weight Loss | Bipolar Disorder |
| ADHD | Eating Disorders |
| Burns | Skin Disorders |
| Macular Degeneration | Menstrual Pain |
| Colon Cancer | Breast Cancer |
| Prostate Cancer | |

Also further research is being done but preliminary evidence suggests that Omega-3's may also prove helpful in protecting against certain infections and treating a variety of conditions including autism, ulcers, migraine headaches, preterm labor, emphysema, psoriasis, glaucoma, lyme disease, systemic lupus erythmatosus (Lupus), irregular heart beats (arrhythmias), multiple sclerosis, and panic attacks. Omega-3's may also help reduce stress and the effects it has on the body.

The three major types of Omega-3's are ALA, DHA and EPA that are ingested in foods and used by the body;

ALA- alpha-linolenic acid which once consumed is converted to EPA and DHA.

DHA- docosahexaenoic acid which is used most readily by the body.

EPA-eicosapentaenoic acid which is also used most readily by the body.

It is important to maintain an appropriate balance of Omega-3 and Omega-6 (another essential fatty acid) in the diet, as these two substances work together to promote health. Omega-3's help reduce inflammation, and most Omega-6's tend to promote inflammation. A healthy diet should consist of roughly 2-4 times more Omega-6's than Omega-3's. The typical American diet tends to contain 14-25 times more Omega-6's than Omega-3's and many researchers believe this imbalance is a significant factor in the rising rate of inflammatory disorders in the United States.

Omega-6's can come from meat or saturated and Trans fats for instance and Omega-3's from fruits and vegetables, fish, olive oil, garlic as well as moderate wine consumption.

Moxxor green-lip mussel oil contains a large range of different fatty acid groups (lipid groups) one of which is the Omega-3 family. Within the Omega-3 family there are approximately 8 well represented Omega-3 structures in both the triglyceride and phospholipids forms. Two of these structures are better known than others namely EPA and DHA.

- EPA and DHA are not a measure of how effective a product is. These are just two common figures given by companies in order to convince consumers that their product is the one to buy and use. This is a very simplistic approach that has no scientific merit or basis.
- Clinical studies of Omega 3's in Moxxor shows clearly that the effectiveness of a product has to do with the synergistic results that both these compounds (EPA and DHA) help to provide combined with a large number of other forms of Omega-3's found in the green-lip mussel in the correct ratios and structures.
- What this means is that even though the EPA and DHA aren't reading as high as one would naturally assume, the wellness benefit experienced and the superior effectiveness is due to the unique combination and structures of Omega-3's found in the green-lip mussel.
- This unique ration and collection of Omega-3 structures are not found in salmon, krill, cod, or anywhere else in nature. Green-lip mussel oil is significantly more effective in comparison to other natural sources of Omega-3's.
- Unique proprietary processes are used in Moxxor's production.
- An extract is used that contains a lot more "polar" omega-3's in particular in the phospholipids form (can be either "polar" or non "polar").
- Because of this "polar" form it is more bioavailable which form the necessary bonds with cells within the human body to provide therapeutic efficacy.

STUDIES

CLINICAL STUDIES OF HEART ATTACK SURVIVORS HAVE FOUND THAT DAILY OMEGA-3 SUPPLEMENTS DRAMATICALLY REDUCE THE RISK OF DEATH, SUBSEQUENT HEART ATTACKS, AND STROKE.

DIABETES

INDIVIDUALS WITH DIABETES TEND TO HAVE HIGH TRIGLYCERIDE AND LOW HDL LEVELS. OMEGA-3'S CAN HELP LOWER TRIGLYCERIDES AND APOPROTEINS (MARKERS OF DIABETES), AND RAISE HDL SO PEOPLE WITH DIABETES MAY BENEFIT FROM EATING FOODS OR TAKING SUPPLEMENTS THAT CONTAIN DHA AND EPA.

ALA(FROM FLAXSEED) MAY NOT HAVE THE SAME BENEFIT AS DHA AND EPA BECAUSE SOME PEOPLE WITH DIABETEES LACK THE ABILITY TO EFFICIENTLY CONVERT ALA TO A FORM OF OMEGA 3 FATTY ACIDS THAT THE BODY CAN USE READILY.

WEIGHT LOSS

MANY INDIVIDUALS WHO ARE OVERWIEGHT SUFFFER FROM POOR BLOOD SUGAR CONTROL, DIABETES, AND HIGH CHOLESTEROL. CLINICAL STUDIES SUGGEST THAT OVERWEIGHT PEOPLE WHO FOLLOW A WEIGHT LOSS PROGRAM THAT INCLUDES EXERCISE TEND TO ACHIEVE BETTER CONTROL OVER THEIR BLOOD SUGAR AND CHOLESTEROL LEVELS WHEN OMEGA 3'S IS A STAPLE IN THEIR PROGRAM.

DEPRESSION

PEOPLE WHO DO NOT GET ENOUGH OMEGA-3'S OR DO NOT MAINTAIN A HEALTHY BALANCE OF OMEGA-3 TO OMEGA-6 IN THEIR DIET MAY BE AT AN INCREASED RISK FOR DEPRESSION. THE OMEGA-3'S ARE IMPORTANT COMPONENTS OF NERVE CELL MEMBRANES. THEY HELP NERVE CELLS COMMUNICATE WITH EACH OTHER, WHICH IS AN ESSENTIAL STEP IN MAINTAINING GOOD MENTAL HELATH. IN PARTICULAR, DHA IS INVOLVED IN A VARIETY OF NERVE CELL PROCESSES.

ADHD

IN A CLINICAL STUDY OF NEARLY 100 BOYS, THOSE WITH LOWER LEVELS OF OMEGA-3'S DEMONSTRATED MORE LEARNING AND BEHAVIORAL PROBLEMS (SUCH AS TEMPER TANTRUMS AND SLEEP DISTURBANCES) THAN BOYS WITH NORMAL OMEGA-3 LEVELS.

COLON CANCER

CONSUMING SIGNIFICANT AMOUNTS OF OMEGA-3 APPEARS TO REDUCE THE RISK OF COLORECTAL CANCER. ALSO DAILY CONSUMPTION OF EPA DN DHA ALSO APPEARED TO SLOW SOR EVEN REVERSE THE PROGRESSION OF COLON CANCER IN PEOPLE WITH EARLY STAGES OF THE DISEASE. FISH OILS CAN CAUSE SIDE EFFECTS SUCH AS FLATULENCE, BELCHING, BLOATING AND DIARRHEA.