

Nutritional Wonders - Omega 3 Oil

The Omega 3 oil is only now becoming popular with its benefits and health promoting fatty acids, we also know that omega 3 oil is an essential part of our balanced bodies and we need it to maintain good health. We are unable to create omega 3 oil, naturally so it's a good idea to learn about this very important tool and find the best way to introduce it to our diets. Cold water fish are the most reliable source of Omega 3 oil such as tuna, salmon, seal, mackerel, cod as well as many other fish found in cool waters. It has also been discovered in natural environments on dry land such as walnuts, flax seed, and even pumpkin seeds. These oils can be extracted from all these sources and are widely available in drug stores, health food stores, herb outlets as well as on the internet.

The Significance of Omega 3 Oil

The importance of Omega 3 oil in our diets is that it is imperative for maintaining mental function; Omega 3 oil works as an anti-inflammatory agent and also helps to maintain healthy cholesterol levels. Omega 3 oil is essential for proper nervous system function, mental function and for healthy cholesterol levels. Omega 3's will act as anti-inflammatory agents, reduce dry eyes, and will help to prevent heart disease. Omega 3 oils are naturally found in oily cold water fish like tuna, salmon, and sardines. Vegetable sources include pumpkin seeds, flax seeds, and walnuts.

Selecting Omega 3 Oil

The supplier acquires these Omega 3 oils and proceeds to extract the oils using a variety of methods. Discussing all the different ways to extract is oil would be pointless due to the fact that all extraction methods with the exception of molecularly distilled, are an invitation to get heavy metal poisoning and introduce new toxins into your body. These methods do not remove all of the contaminants contained in today's environment from man-made pollution as well as natural pollutions. Molecularly distilled Omega 3 oil removes all of these unwanted elements and leaves the consumer with pure Omega 3 oil.

About the Author

Such powerful social, political and cultural challenges demand a new generation of food and nutrition professionals. Whether your goal is to become.

Source: <http://www.products herbal.com>