

The Skinny on Fat: Why are Omega-3-6-9 important?*

As one of the three macronutrients that provide your body with energy, dietary fat gets a lot of bad press. In general, saturated fats should be avoided; instead, choose a variety of plant-based polyunsaturated and monounsaturated fats.

Dietary fat is crucial for optimal health—you just have to know how to choose the right kind of fats.

Polyunsaturated fats include Omega-3 and Omega-6. Specific types of Omega-3 and Omega-6, such as ALA (alpha-linolenic acid) and LA (linoleic acid) are essential because they cannot be synthesized in the body and can only be obtained from what you eat. These essential fatty acids are part of critical pathways for many biological processes. Traditional plant-based sources of Omega-6 such as olive, sunflower, canola and sesame can be refined and offer limited polyunsaturates such as GLA (gamma-linolenic acid) which can provide additional health benefits and are an important part of a healthy diet.

Based on evidence from epidemiologic studies and randomized human clinical trials, the World Health Organization recommends your daily intake of polyunsaturated fats range from 6 to 11% of your total calories¹ to help:

- Manage healthy cholesterol levels
- Support normal cardiovascular health

The role of Omega-3s in supporting cardiovascular health is well-established—these fatty acids are essential fuels for mechanical, electrical and synthetic activities of the heart.² Recent studies show a synergistic and complementary effect on cholesterol management when both Omega-3 and phytosterols are taken together.³

Additionally, volumes of research on Omega-3s have also shown they play an important role in:

- Decreasing inflammation⁴
- Normal brain development, structure and function⁵
- Normal skin function and appearance⁶

A Balanced Source of Omega-3-6-9 Essential Fatty Acids



Good for your body and the planet, Vega™ is the clean, plant-based choice to fuel your healthy, active lifestyle—without compromise.

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vega antioxidant
omega oil blend

*The statements in this brochure have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



VEGLT500

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ADDITIONAL NOTES:



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antioxidant omega oil blend

Organic, cold-pressed and unrefined, Vega Antioxidant Omega Oil is a blend of nine virgin oils including organic hemp, flax, pumpkin seed and coconut, plus a unique combination of antioxidant seed oils from green tea, black cumin, black raspberry, blueberry, cranberry, and pomegranate.

Every green tablespoon of Vega Antioxidant Omega Oil boasts:

- A balanced two-to-one ratio Omega-6 to Omega-3
- 3 g Omega-9
- 29 mg phytosterols
- 77 % DV vitamin E
- Chlorophyll

Vega Antioxidant Omega Oil Blend is available in 17 fl oz./500ml and 8.5 fl oz./250 ml bottles.



Try Vega Antioxidant Omega Oil in salad dressings, dips, soups, and smoothies, or add it to your favorite vegetable, rice or pasta dishes for a convenient and pleasant-tasting Omega boost.

Oh Omegas! Salad Dressing

- 4 tbsp Vega Antioxidant Omega Oil Blend
- 2 tbsp agave nectar or maple syrup
- 1 tbsp apple cider vinegar
- 1 tbsp Dijon mustard
- Salt and pepper to taste

Whisk together until combined.
Serves 4.

¹Interim Summary of Conclusions and Dietary Recommendations on Total Fat & Fatty Acids. From the Joint FAO/WHO Expert Consultation on Fats and Fatty Acids in Human Nutrition, 10-14. November, 2008. WHO, Geneva. ²Dei Cas, L., Manerba, A. and Vizzardi, E., (2010). n-3 PUFAs and cardiovascular disease prevention. *Future Cardiology*, 6:3. p343. ³Micallef, M. A., Garg, M. L. (2008). The Lipid-Lowering Effects of Phytosterols and (N-3) Polyunsaturated Fatty Acids are Synergistic and Complementary in Hyperlipidemic Men and Women. *Journal of Nutrition*, 138(6):1086-90.

⁴Calder, P., (2006) n-3 Polyunsaturated fatty acids, inflammation, and inflammatory diseases. *American Journal of Clinical Nutrition*, Vol. 83, No. 6, S1505-1519S. ⁵Richardson, A., (2003) The Importance of omega-3 fatty acids for behaviour, cognition and mood. *Scandinavian Journal of Nutrition* 47 (2): 92-198. ⁶Linus Pauling Institute at Oregon State University (2012). Micronutrient Information Center: Essential Fatty Acids and Skin Health. Accessed on March 26, 2012 from: <http://lpi.oregonstate.edu/infocenter/skin/EFA/index.html>.



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