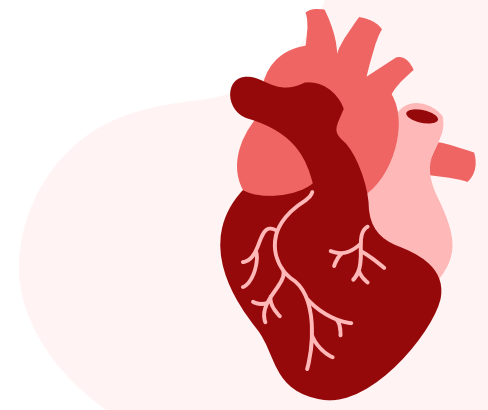




# HEART HEALTH



## & OMEGA 3s



### OMEGA 3s can:

- **Reduces heart attack risk:** Omega-3 fatty acids have been proven effective in lowering the likelihood of heart attacks.
- **Anti-inflammatory properties:** These fatty acids help reduce inflammation, a key factor in cardiovascular health.
- **Supports heart health:** Regular intake of Omega-3s can be a beneficial addition to a heart-healthy diet.
- **Sources of Omega-3:** Found in fish oils, fatty fish (like salmon and mackerel), and certain plant-based sources (like flaxseed and walnuts).

