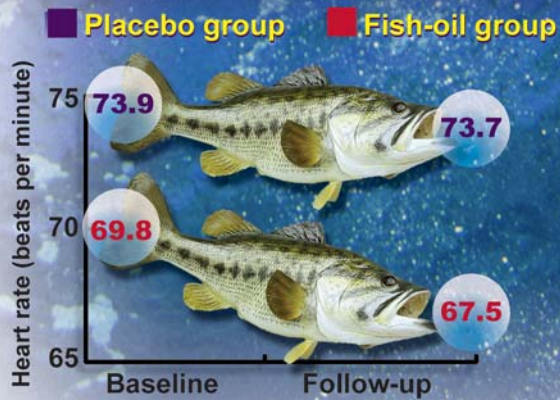


## Helping the Heart With N-3 Fatty Acids



\* The daily dose of fish oil provided approx. 700 mg of EPA, 560 mg of DHA, and 260 mg of other n-3 fatty acids.

A recent study suggests that daily supplementation with fish oil\* lowers the heart rate significantly – a reduction that, according to researchers, “predicts a lower risk of sudden death from cardiac events.”

SOURCE: Geelen A, Brouwer IA, Schouten EG, et al. Effects of n-3 fatty acids from fish on premature ventricular complexes and heart rate in humans. *American Journal of Clinical Nutrition* 2005;81:416-20.