

## Omega 3 Fish Oil

Your body needs a daily supply of Omega 3 to supply the essential building blocks for the brain and nervous system. The many health benefits of the polyunsaturated fatty acids of the Omega 3 family have been recognised for so long that many countries now add Omega 3 Fish Oils to many daily products like milk, spreads, juices and yogurts.

### Benefits:

- Proven to help lower blood pressure.
- Can ease Joint conditions such as arthritis.
- Aids in maintaining a healthy heart.
- Beneficial for people suffering from depression, ADHD, bipolar disorders and ME. Buy Omega 3 Fish Oil from one of our approved suppliers online now!