

Omega 3 is an essential fatty acid found in high levels in oily fish. Tests have shown that Omega 3 can protect against heart disease by lowering blood pressure and cholesterol levels, preventing blood clots and keeping arteries healthy. Omega 3 is also believed to be a factor in helping to prevent strokes and certain types of cancer. Sufferers of asthma, arthritis, eczema and psychological imbalances are also thought to benefit from Omega 3 in their diets.