

ZACH WRIGHT'S

OMEGA-3

CHEAT SHEET



ABOUT THIS CHEAT SHEET

WE HEAR THESE TERMS ALL THE TIME:

OMEGA-3
OMEGA-6
FISH OIL
FATTY ACIDS
CHOLESTEROL

IT SEEMS COMPLICATED, BUT THE
QUESTIONS ARE SIMPLE.

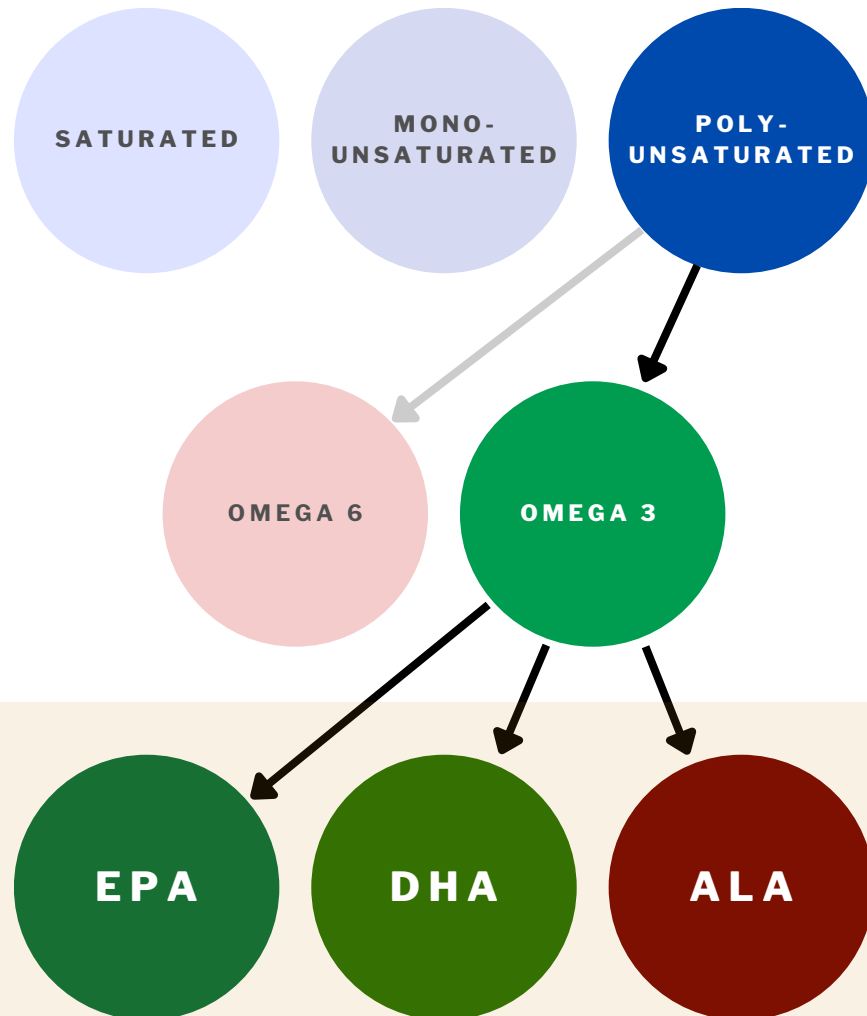
WHAT DO I NEED TO KNOW?

and

WHAT DO I NEED TO DO?

THAT'S WHY I MADE THIS
CHEAT SHEET FOR YOU.

TYPES OF DIETARY FATTY ACIDS



THERE ARE ONLY THREE OMEGA-3s WE NEED TO KNOW

QUICK EXPLANATIONS

OMEGA-3 FATTY ACIDS ARE ESSENTIAL FOR OPTIMAL HEALTH. THEY'RE CLASSIFIED INTO THREE MAIN TYPES, **EPA**, **DHA**, AND **ALA**.

EPA, FOUND IN FATTY FISH, HAS ANTI-INFLAMMATORY PROPERTIES AND IS IMPORTANT FOR HEART AND BRAIN HEALTH.

DHA, ALSO FOUND IN FATTY FISH, IS ALSO CRUCIAL FOR BRAIN DEVELOPMENT, FUNCTION, AND EYE HEALTH.

ALA IS FOUND IN PLANT-BASED FOODS AND CAN TECHNICALLY BE CONVERTED INTO EPA AND DHA IN THE BODY, BUT ONLY IN VERY SMALL AMOUNTS. THIS IS WHY **IT'S RECOMMENDED TO CONSUME EPA AND DHA DIRECTLY FROM FOOD OR SUPPLEMENTS.**

EPA AND **DHA** HAVE SIMILAR FUNCTIONS IN THE BODY, SUCH AS REDUCING INFLAMMATION, IMPROVING HEART HEALTH, AND SUPPORTING BRAIN FUNCTION. HOWEVER, THEY HAVE SLIGHTLY DIFFERENT MECHANISMS OF ACTION AND RESULTS. FOR EXAMPLE:

**EPA IS MORE EFFECTIVE AT
REDUCING INFLAMMATION**

**DHA IS MORE EFFECTIVE AT
IMPROVING COGNITIVE FUNCTION.**

A WORD ABOUT OMEGA-6s

OMEGA-6 FATTY ACIDS PLAY A CRUCIAL ROLE IN MAINTAINING THE HEALTH OF THE BRAIN, HEART, AND OTHER ORGANS. HOWEVER, **WHEN CONSUMED IN EXCESS, THEY CAN CONTRIBUTE TO INFLAMMATION.**

THE MOST SIGNIFICANT SOURCE OF OMEGA-6S IN THE MODERN DIET COMES FROM SEED OILS IN PROCESSED FOODS LIKE SOYBEAN OIL, CORN OIL, COTTONSEED OIL, SAFFLOWER OIL, AND SUNFLOWER OIL.

THE PROBLEM IS THAT **OMEGA-6 AND OMEGA-3 FATTY ACIDS COMPETE FOR THE SAME METABOLIC PATHWAYS** IN THE BODY, AND HAVING AN IMBALANCED RATIO CAN DISRUPT VARIOUS PHYSIOLOGICAL PROCESSES. THE IDEAL RATIO OF OMEGA-6 TO OMEGA-3 IS BELIEVED TO BE AROUND 4:1 OR LOWER, BUT THE TYPICAL WESTERN DIET HAS A RATIO OF 10:1 OR EVEN HIGHER.

CONSUMING TOO MANY OMEGA-6S RELATIVE TO OMEGA-3S CAN PROMOTE INFLAMMATION AND INCREASE THE RISK OF CHRONIC DISEASES LIKE HEART DISEASE, CANCER, AND AUTOIMMUNE DISORDERS. ON THE OTHER HAND, CONSUMING MORE OMEGA-3S RELATIVE TO OMEGA-6S CAN REDUCE INFLAMMATION, IMPROVE HEART HEALTH, AND BENEFIT BRAIN FUNCTION.

WHILE OMEGA-6 FATTY ACIDS ARE ESSENTIAL FOR GOOD HEALTH, CONSUMING TOO MUCH OF THEM CAN BE HARMFUL, ESPECIALLY WHEN THE RATIO OF OMEGA-6S TO OMEGA-3S IS IMBALANCED. **TO MAINTAIN A HEALTHY BALANCE OF THESE ESSENTIAL FATTY ACIDS, IT'S ESSENTIAL TO REDUCE INTAKE OF PROCESSED FOODS AND SEED OILS AND INCREASE CONSUMPTION OF OMEGA-3-RICH FOODS LIKE FATTY FISH.**

BACK TO OMEGA-3s

EPA AND **DHA** HAVE BEEN SHOWN TO HAVE A VARIETY OF HEALTH BENEFITS, INCLUDING REDUCING THE RISK OF HEART DISEASE, IMPROVING COGNITIVE FUNCTION, REDUCING INFLAMMATION, AND SUPPORTING HEALTHY PREGNANCY OUTCOMES. HOWEVER, SOME STUDIES SUGGEST THAT DHA MAY BE MORE EFFECTIVE AT REDUCING TRIGLYCERIDE LEVELS, WHILE EPA MAY BE MORE EFFECTIVE AT REDUCING THE RISK OF DEPRESSION.

OVERALL, BOTH EPA AND DHA ARE IMPORTANT FOR HUMAN HEALTH AND SHOULD BE INCLUDED IN A HEALTHY DIET.

**LUCKILY, EPA AND DHA ARE BOTH
FOUND IN SIGNIFICANT
QUANTITIES IN FISH OIL**

GREAT, SO WHAT DO I DO?

**BEFORE WE GET TO THAT, LET ME
TELL YOU HOW DANGEROUS BAD
QUALITY FISH OIL CAN BE:**

1. IT CAN GO RANCID

FISH OIL IS PARTICULARLY SUSCEPTIBLE TO OXIDATION, WHICH CAN OCCUR WHEN THE OIL IS EXPOSED TO LIGHT, HEAT, AND OXYGEN. OXIDATION LEADS TO THE FORMATION OF FREE RADICALS, WHICH CAN DAMAGE THE OIL AND CAUSE IT TO GO RANCID.

TO AVOID THIS, LOOK FOR REPUTABLE BRANDS THAT USE HIGH-QUALITY INGREDIENTS AND CAPSULES OR BOTTLES (OR BOTH).

2. IT CAN CONTAIN TOXINS

FISH OIL CAN BE CONTAMINATED WITH VARIOUS POLLUTANTS, INCLUDING HEAVY METALS (SUCH AS MERCURY, LEAD, AND CADMIUM), DIOXINS, AND POLYCHLORINATED BIPHENYLS (PCBS).

TO MINIMIZE THE RISK OF CONTAMINATION, IT IS IMPORTANT TO CHOOSE HIGH-QUALITY FISH OIL SUPPLEMENTS THAT HAVE BEEN TESTED FOR PURITY AND POTENCY BY A REPUTABLE THIRD-PARTY LAB. LOOK FOR PRODUCTS THAT ARE CERTIFIED BY INDEPENDENT ORGANIZATIONS, SUCH AS THE INTERNATIONAL FISH OIL STANDARDS (IFOS) PROGRAM, WHICH TESTS AND CERTIFIES FISH OIL SUPPLEMENTS FOR PURITY, POTENCY, AND FRESHNESS.

3. IT CAN BE RADIOACTIVE?

WHILE THIS IS THANKFULLY LESS COMMON, THERE ARE MANY PLACES IN THE WORLD WITH HIGH LEVELS OF RADIOACTIVITY NEAR THE SHORES WHERE MASSIVE AMOUNTS OF FISH ARE FARMED.

THE FISH OIL CAN BECOME CONTAMINATED WITH RADIOACTIVE ISOTOPES AND THEN CONCENTRATED THROUGH BIOMAGNIFICATION, WHICH IS THE PROCESS BY WHICH THE CONCENTRATION OF CERTAIN SUBSTANCES INCREASES IN THE TISSUES OF ORGANISMS AS THEY MOVE UP THE FOOD CHAIN.

AGAIN, THIS HIGHLIGHTS THE IMPORTANCE OF QUALITY FISH OIL SUPPLEMENTS.

HOW MUCH SHOULD I TAKE?

THE FIRST THING TO NOTE IS THAT THE EPA IN FISH OIL CAN SLIGHTLY THIN YOUR BLOOD (ABOUT THE SAME AS ASPIRIN). SO SPEAK WITH YOUR DOCTOR IF YOU HAVE CONCERNS.

OTHERWISE:

2000 - 4000 MILLIGRAMS PER DAY
(2-4 GRAMS PER DAY)

WHAT ARE SOME QUALITY BRANDS?

THERE ARE LOTS OF GOOD BRANDS OUT THERE. MY TWO FAVORITES THAT ARE VALIDATED, TRIED, AND TRUE ARE:



CARLSON'S



NORDIC
NATURALS

I USE CARLSON'S IF LIQUID IS PREFERRED
(TASTES LIKE LEMONS, NOT FISH)

YOU CAN GET THESE ON AMAZON OR WHEREVER YOU
BUY SUPPLEMENTS.

HOPE THIS IS CHEAT SHEET IS HELPFUL!

I DO HAVE A FULLSCRIPT ACCOUNT
(AFFILIATE) WHERE YOU CAN SAVE 20% OFF
THE AMAZON PRICE ON ALL SUPPLEMENTS IF
YOU'D LIKE, BUT THAT'S UP TO YOU.

CLICK HERE

[LINK TO FISH OIL OPTIONS](#)