

OMEGA-3 FISH OIL: THE PERFECT COMPLEMENT TO CHIROPRACTIC CARE

Nordic Naturals is pleased to announce a new benefit for CCA members: **10% OFF** direct purchases of Nordic Naturals' award-winning omega oils. Few nutrients are better suited to chiropractic care than omega-3 essential fatty acids. Omega-3s are healthy fats deemed "essential" because they are required for optimal health—much like certain vitamins—but cannot be produced by our bodies, and therefore must be consumed through diet or supplementation. They have been the subject of thousands of studies (12,000+) that have confirmed their beneficial effects on the heart, brain, immunity, skin, metabolic function, and more.* Above all else, omega-3s have been shown to support the body's natural anti-inflammatory response, which affects countless physiological processes including normal joint, nerve, and tissue function.*

BALANCE IS ALWAYS BEST

Omega-3s are most abundant in cold-water fish such as salmon, cod, mackerel, sardines and anchovies. Once consumed, these essential fats reside within our cell membranes, where healthy amounts aid production of beneficial molecules called prostaglandins, which in turn support the body's natural healing response. In contrast, without enough omega-3s—or with too

much pro inflammatory omega-6—this response is compromised. Adequate omega-3 nutrition combined with chiropractic care addresses both structural and nutritional imbalances to maximize the body's ability to achieve and maintain optimal back and neck health.*

AN OMEGA-3 INDUSTRY LEADER

As a manufacturer of premium omega-3 products, Nordic Naturals is proud to be the trusted, practitioner-recommended omega-3 brand in America's professional marketplace. With a strong reliance on clinical research, their product innovation and manufacturing technology has evolved alongside new developments in nutritional science, often after original studies using Nordic Naturals omega-3 products. To date, 24 studies have been published and more than 40 are currently in progress. Nordic Naturals professional line features products for a range of conditions, including those requiring intensive omega-3 nutrition, and optimal anti-inflammatory support. Nordic Naturals products always surpass the strictest international standards for omega-3 fish oil purity, freshness, and overall product quality, so chiropractors and other health professionals can recommend them with confidence.

There is virtually no risk—and much to be gained—from including healthy amounts of omega-3 essential fatty acids in our diets. High-quality omega-3 supplements are well tolerated and have an excellent safety profile, so practitioners can prescribe them alongside, or in place of, conventional anti-inflammatory therapies. For more information on omega-3s, and to review the latest clinical research on essential fatty acids, please visit Nordic Naturals' online reference library: omega-research.com.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



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