

[IMAGE]

Is One Omega-3 Better Than Another for Your Heart Health?

By Editorial Staff

If heart health isn't at the top of your priority list, what are you waiting for? After all, if your heart isn't in good shape, you won't be, either; in fact, you could be in big trouble. Exercise, a healthy diet, stress maintenance and other lifestyle behaviors are key to keeping your heart doing exactly what it needs to be doing: pumping 2,000 gallons of blood throughout your body every single day without incident.

Let's focus on the diet factor for a minute, specifically omega-3 fatty acids derived from either food or supplements. Omega-3s improve cardiovascular outcomes, pure and simple; that means they reduce your cardiovascular risk – your risk of having a heart issue. A large meta-analysis (review of previous studies) asserts this, with results published in *eClinical Medicine* suggesting that omega-3 fatty acids reduce cardiovascular deaths and improve cardiovascular outcomes.

The review included 38 studies involving nearly 150,000 participants, and found that omega-3 supplements consisting of EPA (eicosapentaenoic acid) were more effective than omega-3 consisting of both EPA and DHA (docosahexaenoic acid). Learn more from your doctor about omega-3 fatty acids, including good food and supplement sources.

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