



Omega Norwegian Salmon Oil

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OMEGA is essential in our diet to maintain the structure of cell membranes, facilitate the absorption of vitamins (A, D, E and K), normalize cholesterol metabolism and produce substances that regulate multiple cellular processes.

The lack of OMEGA in our body is reflected in: dry skin, weak and lifeless hair, brittle nails, sleep problems, lack of concentration, tiredness and joint pain.

OMEGA fatty acids act by regulating various important physiological functions in different areas, which translates into antiarrhythmic, antithrombotic and anti-inflammatory effects; In addition, they reduce triglyceride concentrations.

Main benefits

- Omega 3 has anti-inflammatory properties that can be useful in the treatment of inflammatory bowel disease or rheumatoid arthritis, for example, since it reduces the production of inflammatory substances such as eicosanoids and cytokines.
- It helps reduce bad cholesterol and triglycerides, which are responsible for forming fatty plaques in the arteries, which promotes better functioning of the arteries and helps avoid heart attacks, arrhythmias, heart failure and stroke.
- DHA and EPA have anticoagulant properties. It reduces the formation of blood clots, as they prevent blood platelets from clumping together, so this fat can help prevent complications such as thrombosis. It also helps improve the appearance of the skin, increases hydration, and reduces the appearance of wrinkles and acne.
- Protects brain cells by improving their activity; increases substances responsible for emotions, mood and well-being, such as serotonin, dopamine and norepinephrine.

Those are just some of the benefits of taking collagen!