



# Omega 3-6-7-9





# What are Essential Fatty acids?

- Essential fatty acids, or EFAs, are fatty acids that humans and other animals must ingest because the body requires them for good health but cannot synthesize them.
- The term "essential fatty acid" refers to fatty acids required for biological processes but does not include the fats that only act as fuel.
- The three main omega-3 fatty acids are **alpha-linolenic acid (ALA)**, **eicosapentaenoic acid (EPA)**, and **docosahexaenoic acid (DHA)**. **ALA** is found mainly in plant oils such as flaxseed, soybean, and canola oils.



**PROVEDA**

Leading you to success



**E-EDUVEDA**  
PROVEDA ONLINE EDUCATION SYSTEM

# What is Omega 3-6-7-9?



- It is a combination of Omega 3-6-9 Flax seed Oil + Omega 7 from Sea Buckthorn
- It helps in proper functioning of the human body and give skin a beautiful and healthy appearance
- It give your hair and skin a healthy look
- It supports Brain Functioning



# Benefits of Omega 3

## The Top 10 Health Benefits of Omega-3s

1. Thyroid Function
2. Inflammatory Response
3. Your Gut and Immune System Health
4. Blood Clotting
5. Heart Health
6. Mood
7. Eye Health
8. Sleep
9. Pregnancy and Nursing
10. Bone Health







# Benefits of Omega 6

**7 OMEGA-6 BENEFITS**

- HELPS REDUCE NERVE PAIN**  
CLA, a type of omega-6, reduces symptoms of nerve pain in people with diabetic neuropathy.
- TREATS RHEUMATOID ARTHRITIS**  
Preliminary evidence suggests that primrose, a source of omega-6, may reduce pain, swelling and morning stiffness.
- MAY HELP REDUCE SYMPTOMS OF ADHD**  
Omega-6 and omega-3 treatment has shown the possibility to treat and lower ADHD symptoms.
- REDUCES HIGH BLOOD PRESSURE**  
Both CLA and evening primrose oil help reduce blood pressure.
- LOWERS RISK OF HEART DISEASE**  
By substituting vegetable oils rich in PUFAs instead of using saturated fats, you can greatly benefit and possibly prevent heart disease.
- SUPPORTS BONE HEALTH**  
PUFAs may help preserve skeletal formation as we age.

**Dr. Axe**





# Benefits of Omega 7

**The Amazing Omega 7**  
Palmitoleic Acid 16:1 (n-7) 9-Hexadecenoic acid

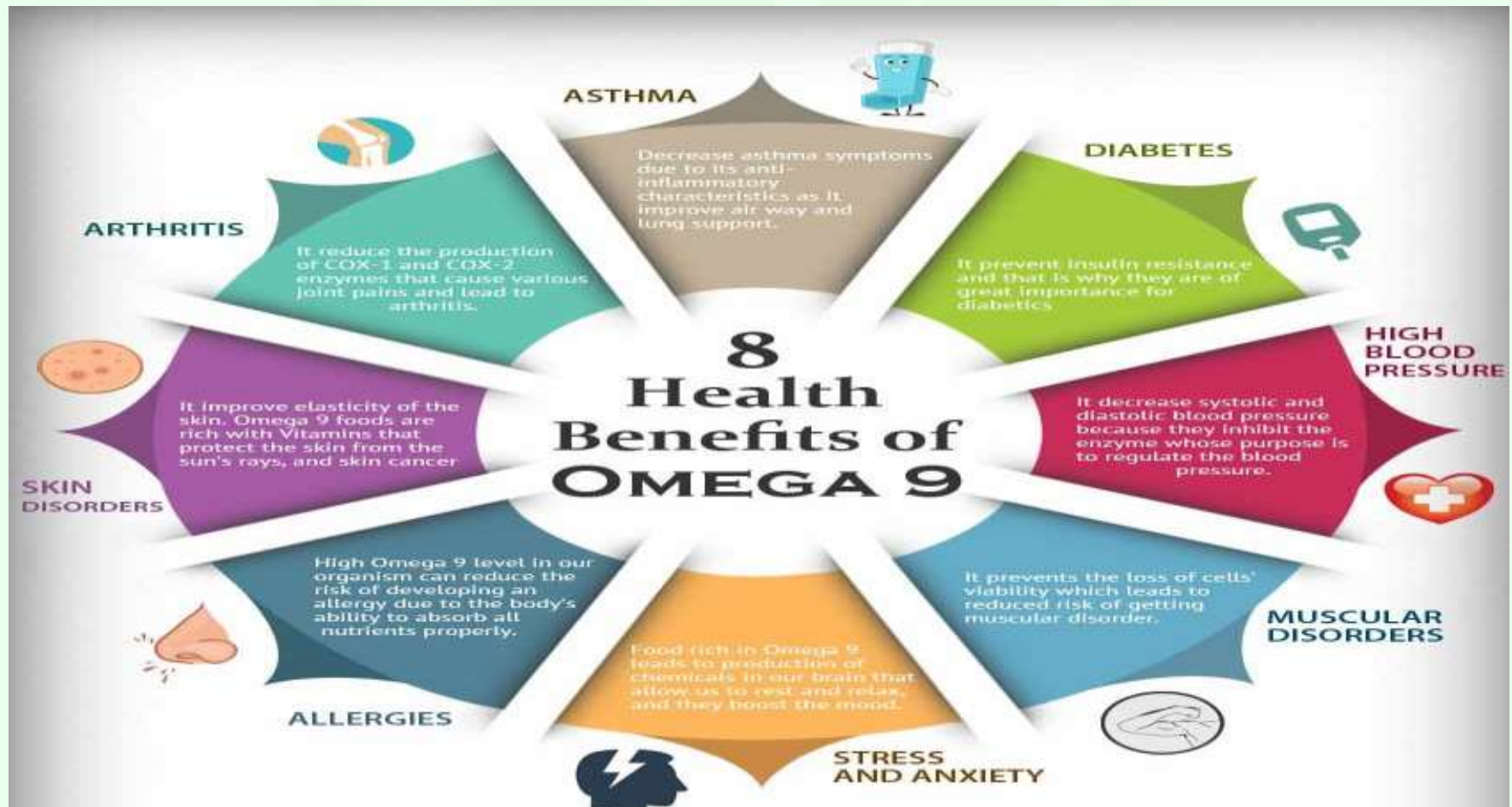
A rare fatty acid found in  
Macadamia Nuts (18-25%)  
Seabuckthorn Fruit Oil (27-40%)

Omega 7 is a major fatty acid in the epithelial cell membranes,  
skin, blood vessels and mucous membranes

- Regulates fat & blood sugar
- Relieves Dry Eyes
- Reduces LDL Cholesterol
- Inhibits Bacterial Growth
- Relieves Vaginal Dryness
- Oral & Stomach Ulcers
- Promotes Tissue Healing
- Improves Eczema Dermatitis
- Reduces Fatty Liver
- Relieves Acid Reflux



# Benefits of Omega 9





# Benefits of Omega 3-6-7-9

- Helps in immunity boosting
- Supports to improve Liver Function
- Supports heart health
- Lowers Cholesterol level
- Maintain HDL / LDL balance
- Improves brain function
- Improves digestion
- Supports hair strength
- Improves skin health
- Improve Diabetic Condition





**PROVEDA**

Leading you to success



**E-EDUVEDA**  
PROVEDA ONLINE EDUCATION SYSTEM

# Dosage & Guidelines

Dosage : 1 soft gel Capsules per day  
with water just after meals

Not Recommended below 12 years

Pack of 60 soft gel capsules

