

## HEALTH TIP #21– OMEGA 3 FATTY ACIDS WHO DO YOU TRUST?

By Maryellen Vandenbrink, RNCP

There is a tremendous amount of research on the benefits of Omega 3 fatty acids from salmon and other fish. It is proven we do not eat 3 servings of fish a week and we are lacking these essential fatty acids in our bodies. Much of the seafood sold in stores is contaminated with mercury. Fish oil supplements are a great alternative. We need Omega 3's for good health without a doubt. The problem we are facing is that not all fish oil supplements are of the same quality and purity. It is very important that the company you deal with tests their products for PCB's, mercury lead and all other contaminants.

On March 3<sup>rd</sup> the Toronto Star published an article which stated:

The lawsuit, filed in California Superior Court in San Francisco on Tuesday, alleges six U.S. manufacturers and two drugstore companies failed to warn the public that products made from fish, shark or cod liver oil – long touted as a source of Omega-3 fatty acids – contained PCB compounds known to cause cancer.

See attached article & press release for more information.

### **GNLD DIFFERENCE**

- GNLD has been in business since 1958 – 52 years of safe use.
- GNLD tests their products to ensure purity and potency. GNLD has a Scientific Advisory Board of world renowned scientists who ensure that the products are exceptional quality.
- GNLD products have been tested by peer review journals. Even the Royal College of Obstetricians & Gynaecologists featured GNLD's Salmon Oil Plus. See attached articles including FASEB and American College Annual meeting.
- GNLD guarantees there is no risk of accumulated toxins. Only the finest, top-quality, health-screen fish selected for human consumption is used. All sources are screened for more than 200 potential contaminants with an allowable detection limit of ZERO

Remember when it comes to our health, we want the safest most complete products. GNLD Salmon Oil Plus is your best choice.