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Fish Oil Benefits: Discover the Amazing Benefits of Fish Oil and Omega 3 s for Your Health (Paperback)

By Brian Yi

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Fish Oil Benefits Discover the Amazing Benefits of Fish Oil and Omega 3 s for Your Health And other Amazing Health Benefits of Fish Oil and Omega-3 Fatty Acids This book contains information on how fish oil can help promote cardiovascular health and how it works to prevent stroke and heart diseases. In addition, this book also features other amazing health benefits that can be derived from fish oil. This information will help you to better understand how fish oil can be used to promote overall health and wellness Dietary supplements containing fish oil are commonly made from seal blubber, whale blubber, cod liver, salmon, halibut, tuna, herring or mackerel. To prevent spoilage, these supplements usually contain minute amounts of vitamin E. They may also be mixed with vitamins A, B, C and D, iron or calcium. Many of the health benefits of fish oil appear to come from its essential omega-3s fatty acids component. Interestingly, the body is not capable of naturally producing essential omega-3 fatty acids, nor can it synthesize them from omega-6 fatty acids which are abundant in Western diet...



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