



# Fish Oil Gummies Benefits



## Hyperactive Behaviours



Fish oil is a good source of omega-3 fatty acids, which are important for brain development and healthy growth and development. These acids also reduce inflammation in the body, which may help prevent diabetes later in life.

## Fish Oil Gummies



- Fish oil is a good choice for pregnant women and children with allergies.
- It's also a good source of omega-3 fatty acids that help prevent heart disease, stroke and other serious illnesses.

## Sources of Omega-3



It's a common misconception that you may get your omega-3s from flaxseed or flaxseed oil. However, unlike the longer-chain EPA and DHA, the omega-3 found in flaxseed is the shorter-chain ALA (alpha-linolenic acid).

## Fish Oil



Fish oil is guaranteed to be of high quality according to the standards in place, such as the Norwegian Medicinal Standard, the European Pharmacopoeia Standard, and the voluntary U.S.

## Taste



There shouldn't be any discernible fish flavour in the best grade fish oils. If a fish oil has a very noticeable or fake flavour, it probably contains rancid oil and is attempting to mask the fishy taste.

