

LOVE YOUR HEART

THE HEART IS A MUSCLE ABOUT THE SIZE OF A CLENCHED FIST THAT AUTOMATICALLY PUMPS BLOOD AROUND THE BODY.

It has four chambers – left and right atrium, left and right ventricle. When the heart chambers contract, blood carrying oxygen is pumped out through the aorta (the main artery from the heart) to the body. The heart itself needs oxygen and the coronary arteries deliver oxygen-filled blood to the heart.

Approximately 17

New Zealanders die every day as a result of heart problems. It is the leading single cause of death in New Zealand, with Maori and Pacific Island New Zealanders being the most at risk.

There are many things that we can do to keep the heart healthy, the most obvious is to ensure a healthy diet. However, with busy lifestyles, for many this proves to be difficult and high fat convenience foods end up being eaten. We are told fat is bad for the heart, but

not all fat is. Omega-3 fatty acids are essential to the overall health of the body and are the only fat the body needs. Research has shown Omega-3 fatty acids, found naturally in fish oil, are important for heart health, helping to maintain a healthy cardiovascular system.

Bio-Organics™ Enteric Coated Omega-3 Fish Oil can provide Omega-3 fatty acids in an easy-to-take form. The special enteric coating ensures an odour-free, reflux-free experience, as the capsule dissolves once it has been passed through the stomach.

Bio-Organics™ Enteric Coated Omega-3 Fish Oil

220 caps

