

# DEFICEIENCY OF OMEGA 3 FATTY ACID; DHA & EPA

Some of the potential Examination for the Omega-3s; DHA & EPA Deficiency.

## POOR MEMORY



Making poor judgments and decisions a lot of the time.

Problems taking care of monthly bills.

Losing track of the date or time of year.

Trouble having a conversation.

Misplacing things often and being unable to find them.

## SKIN IRRITATION AND DRYNESS

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Omega-3 fatty acid are important for maintaining optimal skin health, so if they're lacking in your diet, you may notice changes in your skin.

## DEPRESSION



While many factors contribute to the development of mental health disorders, a diet high in omega-3s & DHA helps reduce the risk of mental health.

## DRY EYES



If you've noticed an increase in eye dryness, this may be an indication that your diet lacks omega-3 fats.

## JOINT PAIN AND STIFFNESS



If you've noticed an increase in joint pain or related arthritic symptoms, your omega-3 fat status could be low and taking supplements may help.

## HAIR CHANGES



If you're experiencing increased hair loss or have noticed that your hair is thinning or feeling dry and brittle, taking omega-3 supplements may help.

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THE MENTIONED EXAMINATIONS FOR POOR MEMORY ARE DEFINED AS A HEALTH AWARENESS

This information is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your Physician or other qualified health professionals regarding any medical condition.