

What's Your Omega-3 Index?

Benefits of Knowing Your Omega-3 Index



Heart Health

From a better functioning heart to healthier blood vessels, there are many reasons why people with higher Omega-3 blood levels have better heart health.



Brain Health

Omega-3s play a role in brain health during every phase of life – from infant brain development to maintaining cognitive function as we age.



Eye Health

Omega-3 DHA is a main component of eyes, and having higher levels of Omega-3s is related to better eye health and visual development.



Overall Health

There are multiple benefits to the mind and body in having a higher Omega-3 Index, all of which contribute to slower aging.

Talk to your health care professional to see how you can support your Omega-3 Index



We focus on achieving wholistic health through nutrition. From our organic, regenerative farming practices to our Nutrition Innovation Center, we are committed to clinical science that advances health and changes lives.

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