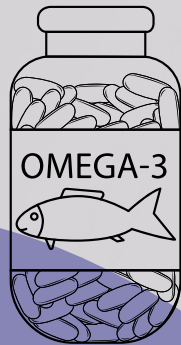


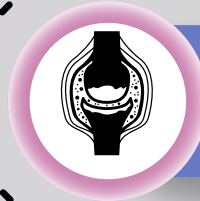
Omega-3 fatty acids VS Omega-6 fatty acids



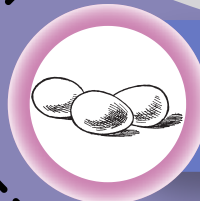
Omega-3 fatty acids reduce inflammation in the body



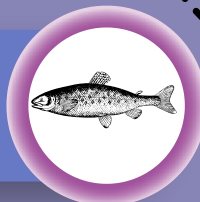
Excess Omega-6 fatty acids may worsen rheumatoid arthritis



Found in walnuts, tofu, avocado oil, eggs



Found in flaxseed, salmon, sardines, mackerel, oysters



Play a crucial role in brain health and tissue growth



Lower the chances of cardiovascular disease

