

WHY THE #1 PRODUCT I RECOMMEND IS

OMEGA 3

FOR SKIN HEALTH & GENERAL WELLBEING



EFA deficiency & skin barrier dysfunction

Essential Fatty Acids (EFAs) are crucial for skin health. *As vital nutrients that cannot be produced by the body, EFAs (particularly omega-3 and omega-6) must be obtained through diet and skincare products. Omega-6 plays a pivotal role in skin health by contributing to ceramide production.*

A deficiency of EFAs (EFAD) can severely compromise the skin barrier. *This deficiency leads to a cascade of negative consequences, including poor cell formation, impaired enzyme activity, incomplete corneocyte compaction, and skin disorders like peeling/flaking, acne, and atopic skin conditions.*

The skin barrier is primarily supported by the extracellular lamellar lipid structure, which depends on EFAs for proper formation. *EFA deficiency can prevent the formation of this structure, leading to increased trans-epidermal water loss (TEWL) and further impaired enzyme activity.*

By consuming an appropriate EFA formulation, individuals can support the skin's function and improve the quality and quantity of barrier lipids. *This helps strengthen the skin barrier, preventing associated skin problems.*

TYPES OF OMEGA-3

There are three (3) main types of omega-3 EFAs:

Docohexaenoic Acid (DHA)

DHA is a vital omega-3 fatty acid crucial for brain, eye, and skin health. Unlike other omega-3s, DHA is directly absorbable by the body without conversion, making it highly efficient. As a primary building block for brain and eye tissues, DHA is essential for optimal function and development. High quality omega-3 supplements provide a concentrated source of DHA to support overall wellbeing.

Eicasapentaenoic Acid (EPA)

EPA is a vital omega-3 fatty acid that serves as a building block for eicosanoids, potent compounds involved in numerous bodily functions. EPA is also recognized for its potential to help alleviate depressive symptoms and reduce inflammation.

Alpha-Linoleic Acid (ALA)

ALA is an essential omega-3 fatty acid found in various plant and seed oils. Unlike other fatty acids, the body cannot produce ALA, so it must be obtained through diet. While the body can convert ALA into EPA, the conversion process is inefficient and inconsistent.

While ALA is a valuable nutrient, EPA and DHA are generally considered more potent and directly beneficial for human health.

MICRO ALGAE OIL - AN OCEAN FRIENDLY ALTERNATIVE

Plant-based omega-3 sources like flaxseed and walnuts contain ALA, which the body must inefficiently convert into DHA and EPA.

Microalgae oil offers a superior alternative, providing DHA directly. With 20% more DHA per unit than fish oil, algae is an excellent choice for vegans, vegetarians, and those with fish allergies.

Patience is key!

It typically takes about a month to achieve noticeable results. However, individual responses can differ. Some people may see faster results, while those with severe deficiencies might take longer.

Skin related symptoms of EFA deficiency

- Skin related symptoms of EFA deficiency:
- Dry, scaly skin
- Hot, burning, and itchy skin
- Dry scalp, split nails, dry cuticles
- Eczema, psoriasis, dermatitis
- Pigmentation
- Poor oil quality and quantity
- Acne/congestion
- Milia, incomplete corneocyte compaction
- Lipid peroxidation (sallow skin)
- Poor wound healing

Other symptoms linked to EFA deficiency

- Fatigue
- Insomnia
- Brain fog, mood disorders, impaired memory
- Dry eyes, impaired vision
- Joint pain, cramping, and arthritis
- Poor cardiovascular health

It's important to note that while these symptoms can be indicative of EFA deficiency, they can also be caused by other underlying health conditions.

Benefits of Essential Fatty Acids for Skin Health

- **Enhances skin function:** Helps maintain healthy skin enzymes.
- **Restores balance:** Balances the skin's natural protective layer.
- **Boosts skin barrier:** Increases ceramide production, strengthening the skin's barrier.
- **Regulates oil production:** Normalizes sebum production.
- **Improves skin cell health:** Supports oxygen transfer to skin cells.
- **Strengthens immune response:** Supports both innate and adaptive immune systems.
- **Enhances skin pigmentation:** Supports the interaction between pigment-producing cells and skin cells.
- **Promotes overall skin health:** Strengthens all skin functions for optimal health.



Important points to remember when taking EFAs

- **Balance is key:** Maintaining a balanced omega 3:6 ratio is essential. An excess of omega-6 can lead to increased inflammation due to the production of pro-inflammatory cytokines. High-quality, concentrated omega-3 EFA supplements can help restore balance, reduce inflammation, and nourish skin.
- **Quality Matters:** It's important to look at the percentage of DHA by weight (DHA content of the total fatty acids and other constituents in the oil) to determine the quality of product. The percentage of DHA that can be extracted from the 3 main strains of algae generally varies between 23-60% (with *Schizochytrium* sp. being the highest - approx. 40-50%). If opting for a Omega 3 Fish oil, the most pure products will be sustainably sourced from small fatty fish (such as sardines and anchovies) with little to no 'fishy' taste indicating purity/freshness. Reputable brands will provide third party testing proving minimal contaminants and heavy metals and combined DHA + EPA of at least 250-500mg per serving.
- **Consume with dietary fats:** Chewing signals the body that food is coming, and our taste buds identify the type of food. If there's fat, our body releases lipase to break down the EFAs in the supplement, aiding the absorption of EPA and DHA and preventing potential reflux caused by insufficient lipase release.

Why I recommend Phytality Nutrition Clean Omega-3

Clean Omega 3 is extracted from an approved natural wild-strain algae (*Schizochytrium* sp.) and grown in an enclosed system produced according to the highest industry standards and certifications to ensure the highest level of authenticity, purity and potency. It is also:

- High potency - minimum 48% DHA
- Available in liquid or capsule form
- Odourless, natural lemon flavour
- Solvent-free (water extracted)
- No 'fishy' aftertaste
- Clean, plant-based vegan formula



DISCLAIMER:

I am in no way a medical practitioner and always advise that you seek guidance from your general practitioner if necessary, especially if underlying health conditions or pregnant. All information has been obtained from credible sources, including industry experts, supplier website and peer reviewed articles.