



Concepts of Spring Releases Spring Vitality Omega 3 Supplements

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Elkhart, Indiana based Concepts of Spring, which has recently released Spring Vitality Omega 3 Supplement. A high dose Omega 3 supplement with optimum amounts of Docosahexaenoic acid or DHA and Eicosapentaenoic acid or EPA that does miracles for health and wellness. Since the product's launch, the company has stepped forward to offer more information about why they should try their omega 3 supplement and why consumers should get their daily dose of this nutrient.

Omega 3 fatty acids are found in a number of foods, including pasture raised meats, eggs, and many dairy products. Edamame or green soybeans also contain Omega 3. However, the company stressed that it is important to get the right soybeans and that ensuring that a person gets the right amount is a difficult task.

"Mature seeds are not what contain adequate levels of Omega 3," explains Eva Galvez, spokesperson for Concepts of Spring. "You want green seeds that have been roasted or partially cooked, for use in salads or just straight snacking."

Other foods containing adequate levels of Omega 3 include wild rice, canola oil, walnuts, flax, beans, and seafood. It has been found that sustainable seafood is the best choice for higher quality Omega 3 acids. "The EPA and DHA that are essential for healthy living are found in sustainable seafood such as mackerel, salmon, and tuna," Eva Galvez pointed out.

Studies have shown that it is often difficult for consumers to get enough Omega 3 rich foods in their diets. Many have no idea of which foods contain these nutrients, and those who do know where to get them, simply are not eating enough of them. The Spring Vitality Omega 3 supplement has been designed to help consumers get adequate amounts of the nutrient everyday, which have been found to help to ward off serious diseases like asthma, alzheimer's, ADHD, and heart disease to name a few.

Concept of Spring also added that unlike most omega 3 soft gels in the market with fishy smell and taste, Spring Vitality Omega 3 Supplements is lemon flavored and its EPA and DHA content have been observed to be beneficial both physically and mentally. Some doctors recommend that their patients take such a product when it is clear that they are not eating enough foods that contain Omega 3 on a daily basis.

Those interested in learning more about the Omega 3 products offered by Concepts of Spring, or more on the Spring Vitality product line, can visit their Facebook page.

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For more information about Spring Vitality, contact the company here: Spring Vitality Eva Galvez +1(347) 560 8951 service@conceptsofspring.com Concepts of Spring 25883 N Park Ave Ste 3-500877, Elkhart, Indiana, 46514, USA

Spring Vitality

Spring Vitality is a brand of quality Dietary Supplements brought to you by Concepts of Spring. Spring Vitality aims to promote family health and boost wellness through expertly formulated supplements that are safe to ingest for the whole family.

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