



Nurturition Comes with Powerful Fish Oil Supplement

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Nurturition, a company that aims at making the high-quality supplements available to a large public, recently launched their purified Omega 3 fish oil caps. Alice, the company's spokesperson, explains why: "A standard American diet often lacks a sufficient amount of omega-3 fatty acids. At the same time, it contains a surplus of omega-6 fatty acids, that can be found in vegetable oils, meat and fast food. To restore the balance, it can be helpful to eat more fatty fish. The bad thing: the seas where this fish swims are polluted with heavy metals, that end up on your plate."

Taking a fish oil supplement can solve this problem, she says. "Thanks to an advanced process of filtering and distillation, our fish oil supplement contains no heavy metals, no preservatives, and no PCBs. This means you can benefit from all the advantages of fish oil without having to worry about any downside," Alice adds. Indeed, Nurturition's fish oil is up to standards set by The Global Organization for EPA and DHA Omega-3 fatty acids (GOED).

The list of benefits of taking fish oil supplements is quite impressive. First, research suggests that fish oil can help protect and improve heart health. "High triglyceride and cholesterol levels can form a threat to your heart," Alice continues. "Studies found that fish oil may have a positive influence on both of these levels. That's why your heart is likely to benefit from a daily dose of our supplement."

Fish oil can also help improve cognitive functions. People who use it notice that they seem to be able to focus better and for a longer period. Alice explains: "Next to an improvement of mental functions, fish oil is also reported to have a positive impact on your feeling of well-being. Studies show it can even help relieve feelings of depression. All factors combined, our softgels can be a real treat for your heart and mind."

Those who are interested in Nurturition's fish oil supplement are advised to take a look at their Amazon page or Nurturition's website.

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