



Concepts Of Spring Releases Omega 3 Supplements

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Elkhart, Indiana based Concepts of Spring has announced the release of their Spring Vitality Omega 3 Supplements. Eva Galvez, spokesperson for the company, states that the product launch coincides with information released recently about the benefits of getting enough Omega 3, and the consequences when consumers do not.

Eva Galvez explains, "We've all known for quite some time that Omega 3 fatty acids are essential for healthy living, but not everyone knows the devastating effects of not getting enough of this nutrient."

Omega 3 fatty acids, which are generally found in fish oils and other foods, have been found to be essential in helping to ward off certain types of heart disease, according to WebMD. One example is coronary heart disease (CHD), which is caused by the buildup of plaque in the arteries. It has been observed that CHD can be a fatal disease when not found and treated properly, as arteries become more and more narrow from the plaque buildup. This essentially decreases the flow of blood to the heart.

Studies have shown that Omega 3 fatty acids can help to lower triglycerides and blood pressure, and

significantly help to lower the risk of certain heart diseases. They have also been extensively studied for their effectiveness in helping to reduce the risks associated with asthma, inflammatory bowel disease, and cancer.

"It's because of the benefits that we've released this product," states Eva Galvez. "We know that most consumers aren't getting enough in their diets, and we wanted to offer an alternative."

There are currently no standards regarding dosage, but the American Heart Association does recommend that consumers get at least one gram per day to ward off heart disease, and up to four grams per day to lower triglyceride levels. Those who are taking supplements should check with their doctor to determine the proper dosage.

Concept of Spring's Spring Vitality Omega 3 soft gels provide the nutrient in supplement form. Designed to boost health by lowering cholesterol and risks for heart diseases, Spring Vitality products contain EPA and DHA, which are also shown to help promote brain function.

Those looking for more information about the company, can visit their Facebook page to learn more.

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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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