



## Concepts Of Spring Reveals Solution To Rising Omega 3 Deficiency In The USA

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An Elkhart, Indiana company revealed a solution to the rising Omega 3 deficiency in America. Concepts of Spring, with the release of their Omega 3 supplement under the Spring Vitality, believes that they are providing an answer to the epidemic of consumers who are not getting enough of this essential fatty acid in their daily lives. "Adults in America are just not getting the recommended levels of Omega 3 fatty acid," states company spokesperson Eva Galvez. "And it's something that is so easy to do, there really is no reason that this should be such a widespread problem."

A report issued by Nutrition Journal in 2013, stated that consumers at that time were not getting the recommended levels for fish and Omega 3. Today's numbers are evidently even higher for adults who are deficient in this nutrient. In fact, researchers state that nearly 100,000 people in the United States alone die from direct or indirect complications of Omega 3 deficiency.

"It's the sixth largest killer of American adults, according to the newest studies," states Eva Galvez. She goes on to say that there are a number of ways to determine if someone is suffering from such a deficiency.

Symptoms of EFA (essential fatty acid) deficiency can include dry skin, dry hair, and brittle finger nails and toenails. Fatty acids have also been studied for their direct effect on a number of serious illnesses such as heart disease, certain types of cancer, and migraine headaches. They have been proven to be effective in helping to treat symptoms of psoriasis, arthritis, and cystic fibrosis as well.

Foods rich in these essential fatty acids include walnuts, salmon, and flaxseed. Studies have shown that that not nearly enough Americans actually ingest enough of these foods to keep levels from reaching critical low points. Many doctors suggest that patients take a supplement to reach recommended daily levels.

The Spring Vitality Omega 3 Supplement from Concepts of Spring is specifically designed to help adults reach the recommended levels of Omega 3 and avoid deficiency that could potentially be life threatening. More about the product, as well as updates and topics related to general health, can be seen on Concepts of Spring's official Facebook page.

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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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