



## Concepts Of Spring Reveals Information That Show How EPA And DHA Can Help Reduce Inflammation

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Concepts of Spring, a nutritional supplement company based in Elkhart, Indiana, has released information showing how EPA and DHA in their Omega 3 supplements can help reduce inflammation. The company said that while most people are already aware of the health benefits that omega-3 supplements provide for the cardiovascular system and brain, few are aware of the anti-inflammatory benefits that the omega-3 essential oils may provide as well.

Studies have shown that unlike the pain killing medications, which prevent the action of enzymes that make cytokines, EPA and DHA use a completely different approach. Instead of blocking the enzymes they replace the fat that cytokines are made of. "One of the beauties of fish oil is that EPA and AA are actually competing with each other. In essence, they are both fighting for the delta-5-desaturase, which is an enzyme. So, by taking more EPA into your body, there will be less delta-5-desaturase available to convert DGLA into AA," says Eva Galvez, spokesperson for Concepts of Spring.

The company has made available their Spring Vitality Omega 3 Supplement on Amazon.com, and for those who would like more information on the product as well as many of their other supplements, they can visit the company's website at: <http://www.conceptsofspring.com/>.

At the time of writing, there are 23 positive customer reviews on the Amazon storefront for the Spring Vitality Omega 3 Supplement. One of the customers wrote the following: "I have had my family on fish oil supplements for years. I have found that it helps with our mental clarity, and just over all, help us to feel good. The biggest complaint from my family, and myself is the fishy burps that follow. Well, with Spring Vitality Omega 3, we have very little issue with fishy burps. They flavor the oil to taste lemony, and that helps tremendously."

Each bottle of Spring Vitality Omega Three Soft Gels comes with 60 soft gel dietary supplements. For those who would like more information on the supplements, they are urged to visit the company's storefront on Amazon or to contact them directly via 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](mailto: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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