

# AHIFLOWER - OMEGA 3-6-9

## 10 Performance

### What it is:

- A pure vegan omega oil that is up to 4 times more effective at being converted and stored beneficially in our cells than flaxseed oil and is known as the most precious plant source of Omega-3.

### Why take it:

- Supports heart health, reduces inflammation, boosts your immune system, and aids with nutrient absorption.

### How it works:

- **AHIFLOWER** contains more total and biologically advanced omegas (stearidonic acid) than any other natural plant source and also contains GLA, an essential omega-6 fatty acid associated with skin health, hormonal balance, and reducing inflammation. Ahiflower supports brain development, immune system function and blood pressure regulation.

### Who should take it:

- **AHIFLOWER** is an ideal new dietary option for vegetarians and people who are generally concerned about eco sustainability and purity in marine/sourced EFA's.

### Dosage:

- Take ½ Teaspoon 1 to 2 times daily. Can be taken alone or mixed into any yogurt, oatmeal or blended beverage. Refrigerate after opening.

### Ingredients:

- **Omega-3** – an essential fatty acid that the body cannot produce by itself. Omega-3's are an anti-inflammatory in nature and assist in supporting cardiovascular and joint health.
- **Omega-6** – plays a crucial role in brain function and healthy growth development. Omega-6 also supports a healthy metabolism and bone health.
- **Omega-9** – improves immune function and helps with blood circulation. Omega-9's support health by lowering LDL (bad) cholesterol and raise HDL (good) cholesterol.

### FAQ's:

- Can children use this product?
  - Yes, it gives them their omega 3-6-9's!

