# YOMEGA3

## with Nut-Mix

ALVENA

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## WHY GELATO?

GELATO IS A FOOD THAT LENDS ITSELF PERFECTLY TO BEING ENRICHED WITH A SOURCE OF OMEGA-3!

PLEASANT CONSUMPTION: A TASTY WAY TO INTEGRATE AN IMPORTANT NUTRIENT WITHOUT RESORTING TO SUPPLEMENTS OR CAPSULES.

## THE PERFECT COMBO

A FRESH AND BALANCED TASTE TO TRY PAIRED WITH NUTS FOR A TOUCH OF CRUNCHINESS AND AN EXTRA BOOST OF OMEGA 3 FROM WALNUTS, AND/OR PAIRED WITH ICE CREAMS LIKE HAZELNUT, PISTACHIO, WALNUT...

**COD. 21SBS0188 YOMEGA3** - Complete powdered product with yogurt flavor, low-calorie content, and a source of Omega-3

**COD. 19VCG0078 VARIEGATO OMEGA-3 NUT MIX** - Nut-flavored variegate (walnut, hazelnut, almond) with a source of Omega-3

# WHAT ARE OMEGA-3?

are essential polyunsaturated fatty acids, a type of 'good fat' that our body cannot produce on its own. Therefore, it is essential to obtain them through diet. The most well-known Omega 3s are EPA and DHA, primarily found in fish, and ALA, found in seeds and plants.

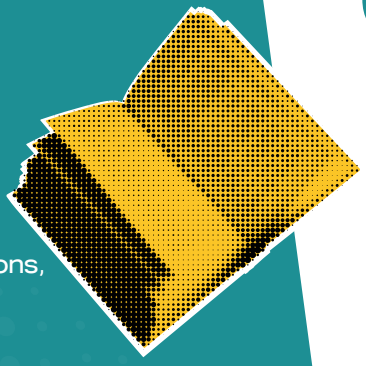
# WHERE CAN THEY BE FOUND?

- Seeds and nuts, especially flaxseeds and chia seeds.
- Vegetable oils like flaxseed and hemp oil.
- Algae, an alternative source especially for vegetarians or vegans.

OMEGA3

# BENEFITS FOR OUR BODY

**Heart health:** reduce the risk of cardiovascular diseases, improve cholesterol levels, and lower blood pressure.
**Brain function:** support cognitive functions, memory, and reduce depression risk.
**Anti-inflammatory:** reduce chronic inflammation, helpful for conditions like arthritis.
**Vision and skin:** protect the retina, enhance skin elasticity, and contribute to healthy eyes and radiant skin.



## FUN FACTS

# ABOUT OMEGA-3

Omega 3 were discovered in the 1970s by studying the Inuit diet. Omega 3 intake from fish was linked to reduced cardiovascular risk. Athletes value them for improving muscle endurance and reducing recovery time.