



OMEGA – 3.6.9: A BALANCED FORMULA IN SKIN HEALTH

Omega-3, Omega-6, and Omega-9 fatty acids are important dietary fats.

Omega-3 fats are essential fats that have important benefits for your heart, brain, and metabolism. While omega-6 fats provide your body with energy, they are abundant in our diet; however, most people don't consume enough omega-3s. Omega-9 fats are nonessential fats that your body can produce.

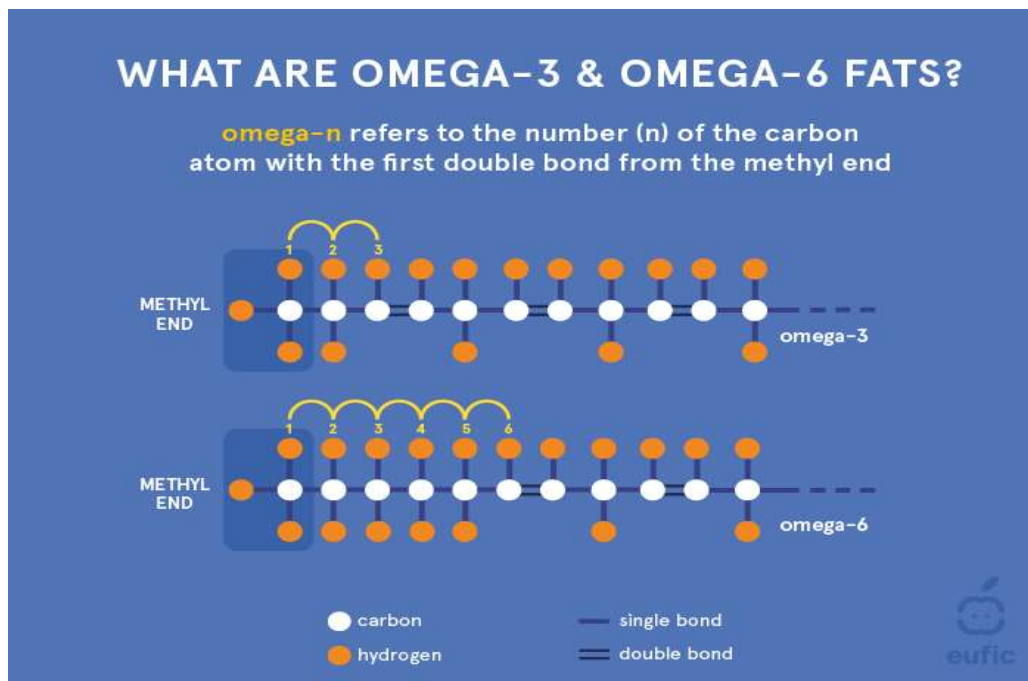
They all have health benefits, but it's important to get the right balance between them. An imbalance in your diet may contribute to a number of chronic diseases.

Omega-3 fatty acids are polyunsaturated fats, a type of fat your body can't make.

Omega-3 fatty acids are a group of three important types of fat: ALA, DHA, and EPA. Getting enough of each type may help keep your retinas, brain, skin health and other parts of your body in healthy function.

"Omega-3" refers to the position of the final double bond in the chemical structure, which is three carbon atoms from the "omega," or tail end of the molecular chain.

Structure of Omega -3 & Omega -6:



Omega -3

There are many types of omega-3 fats, which differ based on their chemical shape and size. Here are the three most common:

- **Eicosapentaenoic acid (EPA):** This 20-carbon fatty acid's main function is to produce chemicals called eicosanoids, which help reduce inflammation. EPA may also help reduce symptoms of depression
- **Docosahexaenoic acid (DHA):** A 22-carbon fatty acid, DHA makes up about 8% of brain weight and contributes to brain development and function
- **Alpha-linolenic acid (ALA):** This 18-carbon fatty acid can be converted into EPA and DHA, although the process is not very efficient. ALA appears to benefit the heart, immune system, and nervous system (5Trusted Source).

• **Omega-3** fats are a crucial part of human cell membranes. They also have other important functions, including:

- **Improving heart health.** Omega-3 fatty acids may help manage cholesterol, triglyceride, and blood pressure levels
- **Supporting mental health.** Omega-3 supplements may help manage or prevent depression, Parkinson's disease, and psychosis in those at risk. However, more research is needed
- **Reducing weight and waist size.** Omega-3 fats may help people manage their weight and waist circumference but more studies are needed
- **Decreasing liver fat.** Initial research suggests that consuming omega-3s may help decrease the amount of fat in your liver
- **Supporting infant brain development.** Omega-3s support brain development in a fetus
- **Fighting inflammation.** Omega-3 fats may help manage inflammation that occurs with some chronic diseases

Omega -6

- **What are omega-6 fatty acids?**
- Like omega-3s, omega-6 fatty acids are polyunsaturated fatty acids. However, the last double bond is six carbons from the omega end of the fatty acid molecule.
- Omega-6 fatty acids are also essential, so you need to obtain them from your diet.
- They mainly provide energy. The most common omega-6 fat is linoleic acid, which the body can convert to longer omega-6 fats such as arachidonic acid (AA)
- Omega-6 fatty acids are essential fatty acids. They are necessary for human health, but the body cannot make them. You have to get them through food. Along with omega-3 fatty acids, omega-6 fatty acids play a crucial role in brain function, and normal growth and development. **As a type of polyunsaturated fatty acid (PUFA), omega-6s help stimulate skin and hair growth, maintain bone health, regulate metabolism, and maintain the reproductive system.**

Like EPA, AA produces eicosanoids. However, the eicosanoids that AA produces are more pro-inflammatory

Pro-inflammatory eicosanoids play a key role in the immune system. However, when the body produces too many, they can increase the risk of inflammation and inflammatory disease.

There are several different types of omega-6 fatty acids, and not all promote inflammation

Along with omega-3 fatty acids, omega-6 fatty acids play a crucial role in brain function, and normal growth and development. As a type of polyunsaturated fatty acid (PUFA), omega-6s help stimulate skin and hair growth, maintain bone health, regulate metabolism, and maintain the reproductive system.

Omega-6 fats are essential fats that provide energy for the body. However, people should eat more omega-3s than omega-6s.

According to the **Food and Nutrition Board of the U.S. Institute of Medicine**, the adequate intake of omega-6s per day is 17 grams for males and 12 grams for females ages 19–50 years ([39](#)).

Omega 9:

Omega 9 is a monounsaturated fatty acid (meaning that the body is capable of producing it), so it isn't as much of a priority as omegas 3 and 6.

However, **it still has wide-reaching benefits for the skin and body**, including its ability to combat “bad fats” and equalize insulin intake. Find omega 9 in olives, avocado, eggs, most meat, sesame seeds, peanuts, and cashews

Omega-3-6-9 Supplement

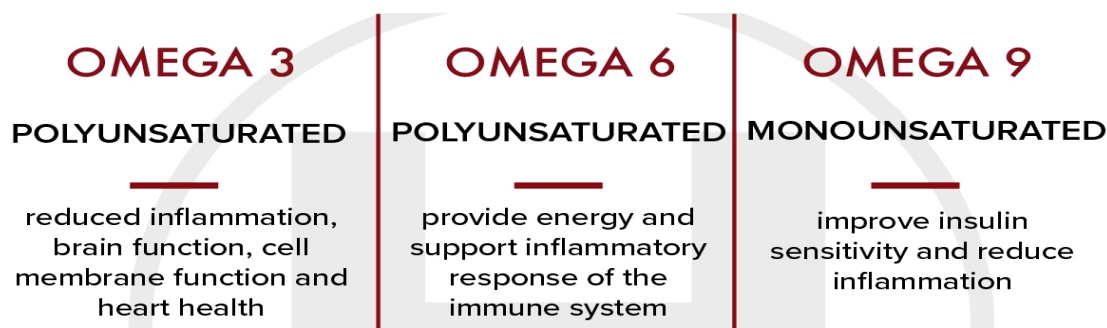
Both omega-3 (ω -3) and omega-6 (ω -6) fatty acids are important components of cell membranes and are precursors to many other substances in the body such as those involved in regulating blood pressure and inflammatory responses.

There is increasing support for omega-3 fatty acids in protecting against fatal heart disease and it is known that they have anti-inflammatory effects, which may be important in this and other diseases.

A healthy ratio of omega-6 to omega-3 fatty acids appears to be 4 - to -1 . But studies suggest that people who follow a typical Western diet may consume a ratio of between 15-to-1 and almost 17-to-1 ([32](#)).

Combined omega-3-6-9 supplements usually provide each of these fatty acids in suitable proportions, such as 4-to-1-to-1 for omega-3:6:9.

Such oils can help increase your intake of omega-3 fats and enhance your balance of fatty acids so that the ratio of omega-6 to omega-3 is less than 4-to-1.



Omega -3.6.9 Supplement offers Benefit in Skin Care Health

The truth is that omega fatty acids 3-6-9 are really important for keeping skin, mind, and body healthy and balanced. For starters, they reinforce the integrity of cell membranes, hormone production, and important brain functions. Plus, omega fatty acids 3 and 6 are accredited for superb anti-inflammation capabilities

- **Hydration and Moisture:** Omega 3-6-9 fatty acids play a vital role in skincare by providing essential hydration and sealing in moisture, leading to supple and well-hydrated skin.
- **Promotion of a Youthful Appearance:** They contribute to prolonged cell life and skin regeneration, resulting in a plumper appearance and reduced development of wrinkles.
- **Anti-Inflammatory and Antibacterial Properties:** Omega fatty acids exhibit remarkable anti-inflammatory and antibacterial properties, effectively reducing skin irritation and safeguarding against environmental stressors. For this reason, omega 3-6-9 fatty acids are particularly beneficial to sensitive skin.
- **Protection and Barrier Formation:** Applying omega-rich products topically delivers nutrients and antioxidants directly to the skin, creating a protective barrier against sun damage and other factors that contribute to premature aging.

By harnessing the power of omega 3-6-9 fatty acids, skincare routines can achieve multifaceted benefits that enhance skin health, appearance, and resilience. By balancing your Omega-6 and Omega-3 fatty acid intake, you can reduce inflammation, improve skin health, and promote overall well-being.

The FDA and the European Food Safety Authority (EFSA) claim that omega-3 supplements containing EPA and DHA are safe if doses don't exceed **5,000 mg per day** (13 , 32 , 33).

Overall, incorporating omega-369 into diet and skincare routine can help to promote healthy, hydrated skin and strong, lustrous hair. By making small changes in daily habits can offers the many benefits of these essential fatty acids for your skin and hair health.

Combining Omega-3s with Other Nutrients for Enhanced Skin Benefits

Vitamin - A

- **Vitamin A** is essential for skin cell turnover and regeneration, which helps to keep the complexion smooth and youthful.
- Combining Omega-3s and Vitamin A can improve overall skin health and may help with acne and eczema.
- **Balancing Omega-6 and Omega-3 fatty acid intake is essential for good Skin Health. Both types of fatty acids (Omega – 3 & Omega -6) play an important role in Skin Health Care**

For the use of Medical Practitioners only

Available as;  EFA (Omega-3, Omega-6, Omega-9) - 500 mg with Vitamin-A 1000 IU Capsule