

The Omega-3 Myth: Isn't Eating Fish Enough?

You treat yourself to a grilled ikan bakar on weekends and choose mackerel or sardines for lunch. You're checking the healthy eating box, right?

Not quite.

Relying on the occasional fish dish isn't enough to meet recommended intake levels.

“ I eat fish occasionally, so I should be getting enough omega-3. ”



Why Your Ikan Isn't Cutting It

We need EPA and DHA, the long-chain Omega-3s that fight inflammation and protect our organs. While Malaysia has abundant seafood, our love for deep-frying *ikan kembung* destroys these heat-sensitive fats.



Why Omega-3 Matters Even More After 30

Research has shown that omega-3s help support:



Support your
body with
Omega-3s,
starting now.



(Cholesterol & Blood Pressure)

Heart health is not something most people think about, until they have to. Long hours, stress, eating out, and sedentary routines can quietly impact heart health over time.

Omega-3s, especially **EPA and DHA**, are known to support **healthy triglyceride and blood pressure levels** already within the normal range, while supporting **overall cardiovascular health**.



(Pregnancy Nutrition & Foetal Brain Development)

For many adults in their 30s, this is an important season of building a family.

DHA is a **key building block of the brain and eyes**, making **omega-3** especially important during **pregnancy and early development**. But with modern eating habits, consistent intake may not always be easy through diet alone.



(Joint Comfort & Mobility)

Stiff knees. Tight shoulders. Feeling less flexible after long hours sitting. For many adults, these are some of the first signs of everyday wear and tear.

Omega-3s help support **joint comfort** and **mobility** by helping the body manage everyday **inflammatory stress**, so you can continue staying active and moving comfortably as you age.