



Innate Choice  
a Division of The Wellness Practice  
1562 Fort St  
Victoria, B.C. V8S 5J2  
Canada

Online: [www.innatechoice.com](http://www.innatechoice.com) | Email: [info@innatechoice.com](mailto:info@innatechoice.com)  
Toll Free: 1-877-563-8848 | Fax: 250-380-2681

## Innate Choice Healthy News - Volume 7: Omega Sufficiency in Review

### Who needs to supplement with Omega-3 fish oil?

The answer to this question is easy - Everybody-Everyday - For Life!™ Research is clear that omega-3 essential fatty acids (EFAs) are some of the most crucial essential nutrients ever identified for human and other animal health. Omega-3 EFAs are extremely important in the structure and function of every cell in the body and the function of your cells is what determines your overall health.

Of equal importance is the ratio of omega-3s to omega-6s in your body. Being toxic with omega-6s and deficient in omega-3s is a dangerous combination that is shown to increase the chances of illness in people of all ages. Research indicates that this ratio in the average modern diet is as high as 20:1 whereas the proper healthy ratio is 1:1. This means that supplementation with omega-3s is absolutely necessary.

Dogs and cats are also toxic with omega-6s and deficient in omega-3s for the same reasons humans are. Dogs and cats are genetically programmed to consume meat rich in omega-3s and few if any pet food formulations supply this need.

### Can I get adequate Omega-3s from Vegetarian sources like Flax or Hemp?

Research is clear that humans and other omnivores are genetically designed to consume the longer chain omega-3s (EPA and DHA) directly from wild game meat or fish and not rely on converting linolenic acid (LNA or ALA) from flax or other vegetarian sources. This makes complete sense. Traditionally humans had virtually no flax or other omega-3 rich vegetarian sources in their diets. The same logic holds true for marketing attempts to convince you to take krill oil - we are just not genetically designed to do so. Vegetarian sources of omega-3s contain NO EPA or DHA and research clearly shows that the human genetic ability to convert vegetarian sources into EPA and DHA is inadequate.

Be aware, there are some omega-3 pet supplements that are derived from flax or other vegetarian sources! These supplements will NOT provide ANY EPA and DHA for your pets and your pets will NOT be able to convert these vegetarian omega-3s into the EPA and DHA they need!

### How much Omega Sufficiency™ should I consume?

A recent study conducted by Eaton et al published in the World Review of Nutrition and Diet estimated the daily EPA and DHA intake of pre-agricultural humans to be 390 mg/day and 270 mg/day respectively. However, because of the large amount of omega-6 in our modern diet, it has been estimated that our daily consumption requirements are now double this amount. This equals approximately 1 tsp of Omega Sufficiency™ oil or 4 Omega Sufficiency™ capsules for the average sized adult. Children should consume ½ teaspoon or 2 capsules per 40 lbs of body weight. Individuals who may require additional intake should

consult their Wellness Practitioner. For more detailed information please consult [www.innatechoice.com/faq.cfm?cat=5](http://www.innatechoice.com/faq.cfm?cat=5)