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FOUR STEPS TO PROTECTING YOUR HEART WITH OMEGA-3s

WHEATON, IL (March 1, 2010) – Eating omega-3 rich foods and taking omega-3 supplements are among the simplest and most important things you can do for the health of your heart. But which foods and supplements are best, and how do you know how much omega-3 is right for you?

Here are the basics in four easy steps:

- 1. Eat fish.** There are several different kinds of omega-3. For heart health, the two that matter most are EPA and DHA, and the most abundant food source of these is fish. While flax seed is often touted for its omega-3s, it contains a different kind called ALA which is not a substitute.
- 2. Be sure it is the right kind of fish.** Salmon, albacore tuna and shrimp are all great sources of omega-3. But not all fish is created equally. For instance, a recent study showed that tilapia and farm-raised catfish contain little or no omega-3.
- 3. Take a supplement.** If you find it difficult to eat fish several times each week, choose a premium quality omega-3 supplement. Most contain 1,000mg of fish oil per capsule, but what is important is the combined amount of EPA & DHA in the oil. To minimize the number of capsules you take each day, choose a concentrated fish oil with about 600mg of EPA + DHA per capsule.
- 4. Monitor your results.** Just as you check your cholesterol, you can now monitor the omega-3 levels in your blood to know if you are consuming enough. Scientists have developed a new measure called the Omega-3 Index and studies suggest that a score of at least 8% is very desirable for heart health. The amount of omega-3 needed to reach 8% varies by individual and depends on genetics, sources of omega-3s and even how they are taken. You can check your Omega-3 Index using a convenient omega-3 home test kit available online for about \$150.

To learn more about testing your omega-3 levels and to download a free “Go Guide” that includes a list of the omega-3 levels of popular fish, visit www.GeneSmart.com.

About Gene Smart

Gene Smart Diagnostics utilizes the latest understanding of the relation between diet & exercise, our genes and our health to empower individuals to take control of their health. The company pioneered the first omega-3 test that enables individuals to check their Omega-3 Index and Omega-6 to Omega-3 Ratio using a convenient home blood test kit. www.GeneSmart.com.

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