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Omega-3 Fatty Acids Associated with a Dramatic Reduction in Aging, According to Study

Health Benefits of High Omega-3 Index Score Continue to Grow

Winston-Salem, NC (March 1, 2010) – The advantages of having a high Gene *Smart Omega-3 Index™* score continue to expand, with the latest report linking high omega-3 levels to the slowing of the biological aging process. Recent research, as reported in the January 20, 2010 issue of the *Journal of the American Medical Association* (JAMA), demonstrates that omega-3 fatty acids may help prevent shortening of telomeres in patients with cardiovascular disease. The rate at which telomeres shorten is strongly associated with the rate at which human cells age and hence, the work suggests that omega-3 fatty acids may play a critical role in slowing biological aging.

More specifically, telomeres from individuals with the lowest levels of omega-3s shorten at more than twice the rate of individuals with the highest levels. According to the JAMA article, “these findings raise the possibility that omega-3 fatty acids may protect against cellular aging.” Research linking telomere shortening to biological aging was awarded the Nobel Prize in Physiology or Medicine last year.

Awareness of the many benefits of omega-3 fatty acids has grown rapidly in recent years, with more than 26% of Americans now reporting taking omega-3 supplements. Individuals looking to understand and manage their own omega-3 levels received another boost last year with the introduction of the *Gene Smart Omega-3 Index™*, a home blood test that measures the amount of EPA and DHA omega-3 fatty acids, in red blood cell membranes. Not only are these the same two omega-3s associated with slowing the biological aging process in the recent telomere study, other research shows that those with a high *Omega-3 Index* score have up to 90% reduction in the risk of sudden cardiac death. Additionally, the test measures an individual's omega-6 to omega-3 ratio, a critical factor in controlling whole body inflammation.

The *Gene Smart Omega-3 Index™* test is now available through Gene Smart Wellness at www.genesmart.com as a convenient, at-home “finger stick” kit. Test samples are sent by the user in an included postage-paid envelope to a lab for a comprehensive analysis. The results of the test are represented as a score that research suggests may be an independent predictor of heart disease not influenced by other risk factors such as cholesterol or blood pressure – with a score of 4 percent or less indicating a high risk, and a score of 8 percent or more indicating a relatively low risk. All risk factors, including the *Omega-3 Index*, should be addressed as part of an overall heart health risk reduction strategy.

About Gene Smart

Gene Smart Wellness is a preventative healthcare company that utilizes the latest understanding of the relation between diet & exercise, our genes and our health to empower individuals to take control of their health in order to live life abundantly. The company pioneered a new approach to heart disease prevention with the introduction of the *Gene Smart Omega-3 Index™* in 2009. More information is available at www.genesmart.com.

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