Wild Alaska seafood is an excellent source of healthy omega-3 polyunsaturated fatty acids (PUFAs).

Research supports that omega-3 fatty acids exert their beneficial effects on overall health, brain function and behavior by positively influencing the gut microbiota composition and the functionality of the gut-brain axis.
Gut benefits of Omega-3 fatty acids from wild Alaska Seafood:

- Increase diversity and abundance of bacteria in the gut.
- Reverse dysbiosis of the gut, especially in individuals with inflammatory bowel disease (IBD).
- Reduce systemic inflammation.
- Decrease intestinal permeability by increasing good bacteria and decreasing the bacteria that causes leaky gut.
- Improve glucose metabolism, which can reduce an individual’s chances of developing insulin resistance or diabetes.
- Promote a beneficial anti-inflammatory effect which can restore an altered gut microbiota.

Find out more at [www.alaskaseafood.org/health-nutrition](http://www.alaskaseafood.org/health-nutrition) and try nutritious recipes at [www.wildalaskaseafood.com](http://www.wildalaskaseafood.com)