Omega 3’s from wild Alaska seafood give your heart a health boost.

Heart disease is the leading cause of death in both men and women. Eating fish as little as once per week reduces the risk of death from coronary heart disease, and higher levels of the DHA and EPA circulating lower the risk of fatal heart attack.

The most effective way to boost circulating levels of EPA and DHA is through direct ingestion of foods or supplements high in these compounds, such as wild Alaska seafood.

Find out more at www.alaskaseafood.org/health-nutrition and try nutritious recipes at www.wildalaskaseafood.com
Omega-3 fatty acids in wild Alaska Seafood help to:

- Lower triglycerides in the blood, reducing the risk of heart disease.
- Increase levels of good cholesterol.
- Decrease blood pressure.
- Decrease risk of death after heart attack.
- Reduce side effects associated with stroke.
- Reduce inflammation.
- Consume at least two servings of fish per week.

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