



## Approximate Fatty Acid Content of Different Cold Pressed Oils

	Omega 9 monounsaturated	Omega 6 polyunsaturated	Omega 3	Saturated
Olive Oil	82%	8%	-	10%
Sunflower Oil	19%	69%	-	12%
Almond Oil	65%	26%	-	9%
Groundnut (peanut)	47%	29%	10%	14%
Walnut	28%	51%	5%	16%
Safflower	13%	79%	-	8%
Sesame	46%	41%	-	13%
Pumpkin	34%	42%	15%	9%
Flax	18%	16%	57%	9%
Rapeseed	60%	24%	10%	6%

Fish oil contains preformed DHA and EPA, which are the anti-inflammatory components that our body makes from Omega 3. A good quality fish body oil is by far the best and most efficient way to obtain your DHA and EPA. You need to take three times as much flax oil to guarantee obtaining sufficient DHA and EPA. However, flax has other benefits, particularly for women, as it provides GLA (gamma linolenic acid), an essential omega 6 oil necessary for healthy hormone production and is vegetarian / vegan.

Please see 'Fish Oil' leaflet and speak to Pauline regarding recommended suppliers

For recommended suppliers and supplement advice please contact Pauline

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