



# HEALTH AWARENESS

## Which Came First: The Disease Or The Deficiency?

(NAPSA)—You may be surprised to learn that conditions such as rheumatoid arthritis, cardiovascular disease, dementia, diabetes and depression often have one thing in common—a deficiency in omega-3 fatty acids and essential B vitamins including folic acid.

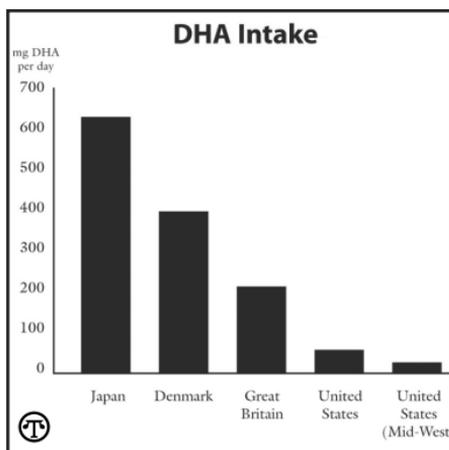
So which came first, the disease or the deficiency? It is not clear whether these diseases contribute to deficiencies or whether insufficient dietary intakes of these essential nutrients lead to the onset and deterioration associated with these diseases.

Statistics confirm that Americans have the lowest intake of essential omega-3 fatty acids of any developed country. DHA, the omega-3 that is present in every cell membrane of the human body and highly concentrated in the brain, retina of the eye and the heart, is vital to good health.

According to Dr. Barbara Levine of Weill Cornell Medical College, “Increasing the intake of omega-3 fatty acids, including DHA and EPA, has been clinically shown to reduce severity of these diseases, so that patients are often able to reduce or eliminate medications that have serious adverse reactions.”

Patients diagnosed with these diseases require medical attention. For example, rheumatoid arthritis patients and diabetics are often at greater risk of developing cardiovascular disease.

The increased risk of heart disease in these patients is linked to an increase in homocysteine levels, which is a risk factor for heart disease and other disease states.



**Statistics show Americans have the lowest intake of DHA in their diets.**

Homocysteine is a substance in the body that can be measured by a physician and may help predict potential disease.

The good news is that many people are using an increased dietary intake of folic acid, vitamins B6 and B12 to lower elevated homocysteine levels.

A combination product is being prescribed by many physicians to address the deficiencies associated with these diseases.

Animi-3 is considered to be a valuable addition to the treatment regimen of these diseases. Doctors have referred to it as the ideal combination of ingredients. The prescription-only product contains specially formulated and highly refined DHA-dominant omega-3, folic acid, B6 and B12.

If you've been diagnosed with one of these diseases, you may want to talk with your doctor about your possible deficiencies, risk factors and Animi-3.