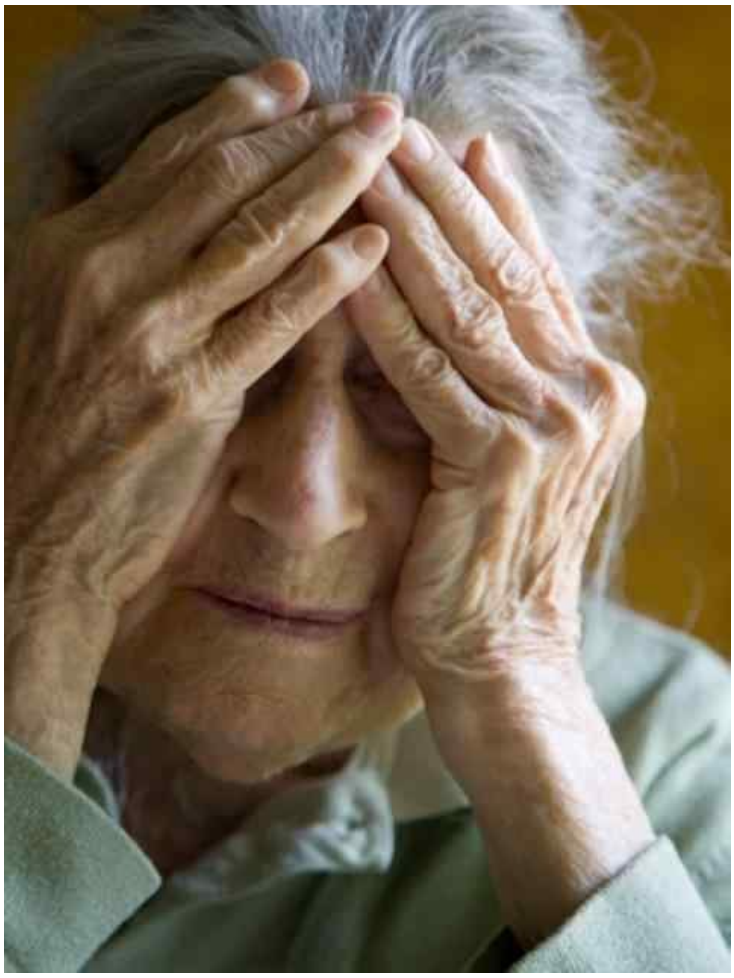
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ASIA EDITION

Omega XL slows Alzheimer's: Great HealthWorks study

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Great HealthWorks study: Omega XL slows Alzheimer's



Singapore: According to a latest study published online in *Neurology*, omega-3 fatty acids, like those found in Omega XL fish oil extract containing DHA and EPA from New Zealand's green-lipped mussel, may provide benefits for elderly people who are suffering from Alzheimer's.

Another study, which was recently published in *Rheumatologia*, the official journal of the Institute of Rheumatology and the Polish Rheumatological Society, highlighted that Omega XL may also provide benefits for joint mobility and pain as compared to standard fish oil.

Researchers examined the health and diet of 1,219 people, who were 65 years of age and did not have dementia. The individuals were part of the Washington Heights/Hamilton Heights Columbia Aging Project.

Data show that consuming one gram of omega-3 fatty acids each day (equivalent to eating about half a filet of salmon) is associated with 20 percent to 30 percent lower blood beta-amyloid, which are protein fragments that form brain plaque. The plaque contributes to nerve cell damage in the brain and leads to the symptoms of Alzheimer's.

Omega XL, manufactured exclusively by Great HealthWorks, is a bestselling omega-3 essential fatty acid supplement that contains the patented stabilized marine lipid extract PCSO-524 derived only from the New Zealand green-lipped mussel.