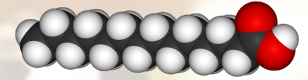


# Fatty Acids - Functions and Deficiency



- Omega 3 and 6: needed throughout the body especially development of brain and eye
- Omega 3: Regulate and normalise cholesterol and triglyceride levels; reduce risks of developing heart diseases
- Omega 6: Stimulate skin and hair growth; maintain bone health; stimulate cell growth therefore essential to muscle and brain development; production of hormones

| Deficiency of Omega 3 | Deficiency of Omega 6          |
|-----------------------|--------------------------------|
| Fatigue               | Dry Skin                       |
| Poor Memory           | Excess Water Loss              |
| Dry Skin              | Hair Loss                      |
| Heart Problems        | Drying Eyes                    |
| Depression            | Arthritis (Joint Inflammation) |
| Poor Circulation      | High Cholesterol               |