



Nature & Health

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Did you know that many Australians are estimated to consume only around 20% of the omega-3 that is recommended by the International Society for the Study of Fats and Lipids for the maintenance of a healthy heart?^{1,2} The recommended intake of 500mg may be reached by eating at least two servings of fish every week³. But not everyone can manage to eat that much fish. Efamax is a concentrated formula of essential omega-3 fatty acids which



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1 <http://www.issfal.org.uk>

2 <http://www.nhmrc.gov.au/publications/synopses/dietsyn.htm>

3 <http://www.nhmrc.gov.au/publications/synopses/n35syn.htm>

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