



# Ask Dr. Jenna

Everyone I know is talking about Omega-3s and fish, but I don't like fish. What are my options?

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## newharVest™

...90% of Americans in a recent survey don't eat enough fish either because they don't like it or because they don't want to eat two or more servings every week... But now, there is a new option for Americans who want the benefits of fish oil without the fish. New Harvest™ is a fish-free Omega-3 fatty acid supplement...

Many health-conscious Americans are on an Omega-3 quest, knowing how important this nutrient is to good health. But most are still not consuming enough Omega-3s — important fatty acids not naturally produced by the body — according to a new survey of 2,500 American adults.

In my nutrition practice in Chicago, and even in my own life, it is an ongoing struggle to eat enough fatty fish like salmon or sardines. Like me, 90% of Americans in a recent survey don't eat enough fish either because they don't like it or because they don't want to eat two or more servings every week. On top of that, many people are turning their noses away from fish oil supplements, noting the taste and the unpleasant, "fishy-smelling" belches as two of the most common barriers to consuming Omega-3. Recently concerns about PCB levels in some fish oil supplements have also surfaced.

But now, there is a new option for Americans who want the benefits of fish oil without the fish. New Harvest™ is a fish-free Omega-3 fatty acid supplement that offers the benefits of EPA without the taste of fish and without PCBs, lead or mercury.

Learning about Omega-3 fatty acids can seem complicated. But here's the scoop: there are three main types of Omega-3 fatty acids: EPA, DHA, and ALA. Each type has its own benefits, with EPA — the long-chain fatty acid found in New Harvest™ — being the best type of Omega-3 for supporting heart health and maintaining a healthy cholesterol

level already in the normal range. In fact, the American Heart Association recommends that people consume the equivalent of about 500mg of long-chain fatty acids such as EPA each day.

Vegetarians have been frustrated by the lack of effective alternatives to fish-based products, so New Harvest™ is a new and exciting solution for them. A true breakthrough, New Harvest™ is the first supplement to offer the long-chain Omega-3 fatty acid EPA in a 100% vegetarian form. While there are other vegetarian Omega-3 supplements (e.g., flaxseed oil), most of these sources contain only ALA, a short-chain fatty acid that is inefficiently converted to EPA in the body. New Harvest™ provides EPA in a highly concentrated form (600mg EPA per 1200mg softgel), allowing vegetarians to get the benefit of this long-chain fatty acid while adhering to their diets.

Could New Harvest™ be right for you? Learn more at [www.newharvest.com](http://www.newharvest.com). Or give it a try and let them know what you think! You can leave a comment on the New Harvest™ Facebook page [www.facebook.com/NewHarvestEPA](http://www.facebook.com/NewHarvestEPA) or chat with New Harvest™ via twitter [www.twitter.com/NewHarvestEPA](http://www.twitter.com/NewHarvestEPA).

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