Flax, Chia, and Walnuts Aren't Enough

Over the years, many patients have asked me, Doctor Fuhrman, I eat flax flaxseeds every day. Doesn't that cover my omega three needs? It's an important question.

Flax seeds, chia seeds, and walnuts are excellent foods and valuable sources of Ala. A plan a mega three fat. However, only about 1% of Ala is converted into Da, the omega three fatty acid most critical for brain health.

Why DHA and EPA Matter for Brain Health

That level of conversion is insufficient for optimal long term brain protection. DHEA is a major structural component of the brain, eyes, and nervous system along with EPA.

It supports cognitive function, memory, mood, cardiovascular health, and healthy aging through life. In my review of the Sign of Literature and decades of clinical experience, Da and EPA, along with vitamin B12, are among the most important nutrients for preserving brain function with aging.

To keep your memory intact and your wisdom growing as you age.

Algae-Based Omega-3s and Freshness

Maintaining an adequate omega three index over decades, particularly between the ages of 50 and 80, is essential. And that's why I formulated da EPA purity.

It's sourced from clean, lab grown algae, providing these essential fats without exposure to contaminants that can accumulate in marine food chains. But just as importantly, freshness matters.

Omega three oils are delicate fats that can oxidize and become rancid over time. That's why de purity is stored as a refrigerated liquid and packaged in dark glass to preserve freshness.

Pure Vegan Omega-3 Support

Unlike capsules and soft gels that may spend many months on a shelf, it delivers a level of purity and freshness you can actually taste. So if you're looking to support long term brain health, eHealth, nervous system function, and healthy aging, DHEA, EPA purity provides a pure vegan source of these essential omega three fats.