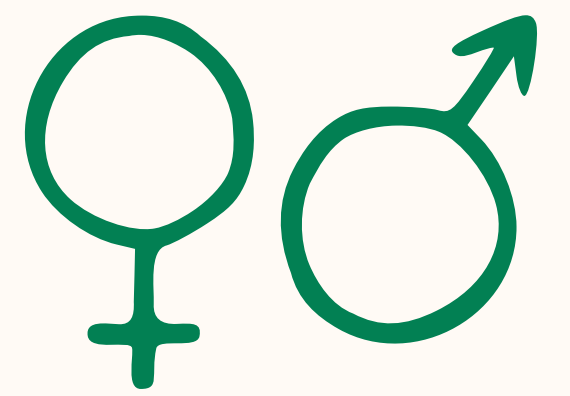




Omega-3



What does it do?

Omega - 3 fatty acids are 'the building blocks' of the neural brain and retina during early development

Helps to maintain a healthy heart

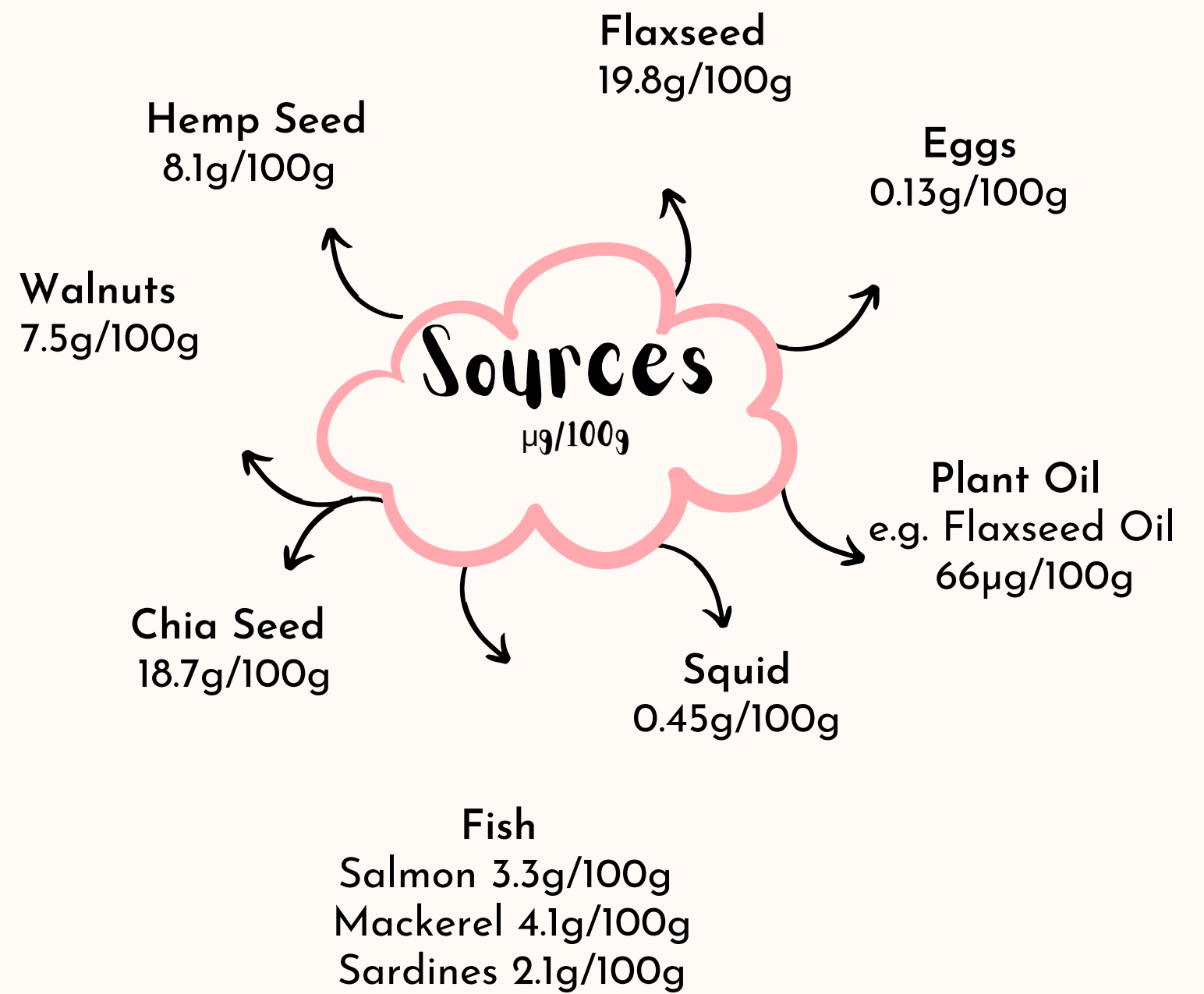
Improves blood flow to the uterus

Increases cervical mucus

Improved hormonal health

Improve sperm and egg quality, delaying ovarian ageing

Can also reduce the chance of your baby developing asthma or other allergic conditions



How much do I need?

RI - Females:
450mg per day*

RI - Males:
450mg per day*

* no official UK recommendation but it is advised to choose a supplement that provides around 450mg of EPA and DHA combined each day, as this works out to around the same as a 140g portion of oily fish per week.

Recipe Idea... Mackerel, Walnut & Avocado Salad

Ingredients

- 1/2 Can mackerel in brine, Drained
- 15g Walnuts, Crushed
- 1/2 Avocado, Diced
- 50g New Potatoes
- 50g Tomatoes, Diced
- Salad Leaves
- 1 tbsp Olive Oil
- 1 tbsp Balsamic Vinegar
- Salt & Pepper

Method

- In a simmering pan, boil the new potatoes for 15-20 minutes or until cooked and leave to cool
- In a bowl, add the mackerel, avocado, tomatoes and salad leaves
- in a separate bowl, whisk together the balsamic vinegar and olive oil
- Add the new potatoes to the salad mixture once cooled
- drizzle over the balsamic vinegar dressing and toss to coat thoroughly
- Add salt and pepper to taste and top with crushed walnuts to serve

Per Portion

Kcals: 589
Omega-3: 4.5g (1000% RI)