



EAST AUSTIN MEDICINE SHOP
FAST, COURTEOUS, PERSONAL, AND PROFESSIONAL.



Chris' Top Picks

Omega-3's

-Omega 3 Fatty Acids come from fish(EPA/DHA) and plants(ALA).

-It is important to try to get omega-3's from the diet first and then supplement as needed.

-Omegas protect against cancer, heart disease, and inflammation. They lubricate joints, help with depression, and improve mental clarity or forgetfulness.

-When looking for Omega-3's make sure the amount of EPA, DHA, and ALA is included. To obtain enough ALA it must have a plant source as well, not just "fish oil".