

AMY MYERS MD®



Benefits of Omega 3 Fish Oil

Your body needs Omega-3 to function optimally. However, unlike other fats created in the body, **you can't actually make Omega-3 fatty acids on your own.**

In my **latest article**, you'll learn everything you need to know about these incredible fatty acids and the best ways to fit them into your diet!

Click below to learn:

- The 10 areas that Omega-3 impacts your health
- The best sources of Omega-3
- Why combining plant based Omega-3 with fish oil is better than one or the other

Most people have a hard time getting enough daily Omega-3. My **Complete Omega-3 Softgels** offer **1000mg of pure DHA and EPA in a highly bioavailable form**, which can help you fight off illness, strengthen your heart, and maintain healthy vision!

P.S. Today is the **final day of my Core Health Sale**. Save an extra **25% OFF** when you sign up for your first subscribe and save order from my **Core Health Collection** including my **Complete Omega-3 Softgels!**

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