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There are many diet supplements available today that promise to enhance the quality of your overall health. These diet supplements are made using a whole lot of ingredients and they are very popular all over the world. The problem with these supplements is that the ingredients sometimes donâ€™t suit your body system. However, one of these supplements that donâ€™t cause almost any side effect is fish oil. Fish oil is rich in Omega 3 6 9, three fatty acids that work together to give your body great benefits. And when you consume fish oil capsules you donâ€™t even need to bother about the smell of the oil.

Omega 3 is perhaps the most important in Omega 3 6 9. It is rich in EPA and DHA. The job of Omega 3 is to reduce the blood triglyceride level. Blood triglyceride level is increased due to the heavy consumption of fatty food and alcohol. When this level goes high it hardens the arteries that may result in heart attack. Omega 3 takes care of this problem and it is also known to work wonders to alleviate mood disorders like depression.

Omega 6, the second component of Omega 3 6 9, is an excellent component for the development of the brain and improving reproductive health. It also helps bones absorb more calcium and thereby increase the bone health too. It is massively used to treat eczema and also improves the health of the skin.

Omega 9, the last of the components of Omega 3 6 9, is rich in oleic acid. Oleic acid helps lessen the hardening of the arteries and also prevents various cardiovascular diseases like stroke. It lowers the insulin resistance level of the body and maintains optimum blood sugar level.

Our body doesnâ€™t produce Omega 3 and Omega 6 and only produces a very limited amount of Omega 9. Hence, the benefits of Omega 3 6 9 can only be got when someone includes fish oil in their diet. And there is no better way to consume fish oil than consuming fish oil capsules. The best fish oil capsules contain pure Omega 3 6 9 and that too in the right quantity.

As you can see, the combination of Omega 3 6 9 is perfect for your body. You donâ€™t have to fall ill and then start consuming fish oil capsules. Even when you are at the pink of health you should start having these capsules. You are not going to harm your body in any way because fish oil doesnâ€™t have any unpleasant side effect to speak of. Include fish oil in your diet and you will prevent those ailments that seem to crop up with age. And fish oil will also keep you looking younger, even at an advanced age.

Buy fish oil capsules and give your body that required fillip of Omega 3 6 9. These capsules are easy to have and can be easily bought online. Check out a few websites and buy the best capsules for your consumption.

Article Source:
http://www.articleside.com/supplements-articles/fish-oil-capsules-your-ready-source-for-omega-3-6-9.htm - Article Side

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a Omega 3 6 9 fatty acids work together to provide your body with a fantastic immune system. These acids can be easily absorbed by your body when you consume a fish oil capsules.

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