

# Top Overlooked Benefits of Fish Oil "Omega-3 Fatty Acids"

Rick Porter December 11, 2013



**In a new video and article Health Nutrition News discusses some forgotten benefits of fish oil supplements and their advantages toward and individual's overall health.**

([Newswire.net](#) -- December 11, 2013) Boston MA -- In Health Nutrition News' newest article and video the experts talk about fish oil, or omega-3 fatty acids, and the benefits they provide to consumers. Virtually everyone knows that omega-3 fatty acids are superstars when it comes to promoting overall health, fitness, and vitality. However, the new video on fish oil supplements and the article discuss some [specific health benefits of fish oil](#) that most people are unaware of such as; improved cardiovascular health, increased weight loss, and enhanced mood to name a few.

The video starts by introducing viewers to exactly what fish oil is (the fatty acids present in consumed foods) and what a diet would have to look like in order to get an adequate daily intake. The two most important types of omega-3 fatty acids are the long-chain variety EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), which are commonly found in fish and shellfish. In the past, these long-chain fatty acids were only obtainable through a diet rich in shellfish, but with the availability of fish oil supplements they are now easier than ever to include in a diet.

Later in the video the expert nutritionists introduce six, little known, health benefits attributed to fish oil. For instance, improved brain function, better skin health, less joint pain, and easing anxiety are all discussed health benefits within the release. Additionally, Health Nutrition News indicates how fish oil supplements contribute to enhancing each health benefit discussed.

The full article can be read on the Health Nutrition News website [HERE](#).

Additionally, Health Nutrition News is offering a free copy of this 30 second hormone fix for a limited time at <http://healthnutritionnews.org/skip-dieting-increase-metabolism>.