

Why Omega 3 Deficiency Can Be Dangerous

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Elkhart, Indiana based Concepts of Spring has released new information for consumers to help them better understand the dangers of Omega 3 deficiency. Eva Galvez, spokesperson for Concepts of Spring, explains, "Most of the time, consumers have no idea that they're lacking in Omega 3. It's often a difficult deficiency to diagnose, and even doctors are puzzled by the symptoms at times."

It has been observed that Omega 3 deficiency is often misdiagnosed or overlooked. Also known as Fatty Acid Deficiency Syndrome, the lack in Omega 3 can cause a number of skin related symptoms, such as rough patches on the skin, dry or brittle nails, small bumps on the back, and dandruff. While these symptoms may also be confused for things, such as simply dry skin issues, Omega 3 deficiency can also cause more serious problems.

Attention deficit disorder and the inability to concentrate have been found to be more serious symptoms experienced by those who are not getting enough Omega 3 in their diets. Certain mood related signs may also be evident such as anxiety, depression, and a general irritability.

"Some people who are lacking enough Omega 3 in their diets simply get frustrated often," states Eva Galvez. She states that people experiencing such a deficiency could have a "short fuse" and lose patience quickly,

even for the minutest of reasons.

Loss of energy and poor sleeping habits could also be signs of this deficiency, as can joint pain. Studies have shown that Omega 3 acids known as EPAs can moderate the immune system and help to alleviate pain from rheumatoid arthritis and other joint diseases.

Concepts of Spring produced Spring Vitality Omega 3 supplement that can help users to avoid these symptoms of deficiency. The company strongly recommends that those who suspect they have such a deficiency, should consult with their doctors. If a deficiency is found, the Spring Vitality supplement has been found to help regulate levels of Omega 3 in the body, alleviating the signs and symptoms that come along with a lack of this vital nutrient.

People who want to know additional information about Spring Vitality Supplements and other products produced by Conceots of Spring can visit their Facebook page.

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Spring Vitality

Spring Vitality is a brand of quality Dietary Supplements brought to you by Concepts of Spring. Spring Vitality aims to promote family health and boost wellness through expertly formulated supplements that are safe to ingest for the whole family.

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