

Concepts of Spring Comments on New Studies that Answer Question Of How One Benefits From Omega 3 Later In Life

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Elkhart, Indiana based Concepts of Spring has released information that can help consumers to better understand the benefits of Omega 3 later in life. After doing some investigation on the topic, the company has begun to release information that consumers may find helpful in learning how important Omega 3 is and why it is needed by senior citizens in particular.

According to WebMD, Omega 3 fatty acids are essential throughout life, but even more so in the later years. Studies have shown these fatty acids to offer benefits regarding longevity, mental health, and overall mood, according to the popular medical site. Studies done by various universities have been offering lists of benefits of the mineral for quite some time now.

"We know that Omega 3 is important," states Eva Galvez, spokesperson for Concepts of Spring. "It's just that we may not know the full extent of the benefits that can be gained by taking it later in life."

It is not at all uncommon for doctors to recommend that geriatric patients begin taking Omega 3, particularly

in light of information released that outlines the benefits to the immune system. The mineral may also significantly reduce the risk of dementia, which is a condition that many seniors fear as they reach their golden years.

"People don't want to be sick," explains Eva Galvez. "They don't want to not remember their loved ones, and they don't want to feel depressed. Taking Omega 3 can help with all of these issues, and many others."

Concepts of Spring provides the Spring Vitality Omega 3 Supplement, which is currently available on the Amazon marketplace. According to Eva Galvez, the product offers a high dose of Omega 3 DHA and EPA which helps to boost heart health as well as mental and bone health. She states that it can also help to improve vitality in senior citizens.

Consumers interested in learning more about this product can visit the company's official Facebook page, where they can also read up on recent news on the topic, receive updates from the company and gain access to promotions for health and home safety products.

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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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