

# Oméga - 3

## For a "protective barrier"

Omega-3s are fatty acids, which belong to the lipid family. They are important components of the membrane of our cells and play a role in the regulation of the inflammation (reaction triggered by our immune system to eliminate the threats).

Opting for food that are well endowed of omega-3 is an additional preventive measure in the fight against viral infections.

## Natural anti-inflammatories

The Bleu-Blanc-Cœur products have a ratio of omega-6 to omega-3 less than or equal to 4.



Omega-3 participate at the resolution of the inflammation, by stimulating molecules of the immune system. They are in competition with omega-6 (inflammation promoters). The right balance is to provide our body in a proportion of 1 omega-3 to 4 omega-6. The catch? Across the world, depending of diet style, People rather consume 1 omega-3 for 10 to 25 omega-6, and at the same time there is a progression of so-called low grade inflammatory diseases (obesity, type 2 diabetes, cardiovascular diseases, etc..) also non as non-communicable diseases.

## Different size

- **Short chain (ALA\*)**, made by plants and well assimilated by some animals and by humans.  
\*Alpha-Linolenic Acid
- **Long chain**, obtain by lengthening short chain omega-3 .  
The most famous is the DHA\*, important for our brain.  
\* Docosahexaenoic acid

Bleu-Blanc-Cœur is interested in the diversity of animal feed to guarantee products of higher nutritional quality.



## Where found them?

In **Bleu-Blanc-Cœur products** (meat, eggs, butter, dairy products, etc.) the omega-3 content is on average 2 to 3 times higher than in conventional products, thanks to a balanced diet of the breeding animals.

- **ALA : Canola oil, Flaxseed, Nuts, Chia seed and some fish or animal products.**
- **DHA : Fatty fish, Mussels, Eggs, etc.**



Before any use of **food supplements** medical advice is necessary.

## Multiple health benefits

The benefits of consuming Omega-3 via a **Bleu-Blanc-Cœur food** have been demonstrated in 6 clinical studies focusing in particular on **obesity and diabetes**.

The protective role of Omega-3 against the Covid-19 virus has also been studied worldwide.

**The researcher' hypothesis?** The proportion of Omega-3 in the cell membrane reduces the number of areas that favours the installation of the virus. Omega-3 fatty acids are also involved in resolving the inflammation caused by the infection.

After 2 month of a Bleu-Blanc-Cœur food

↳ **Omega-6/ omega-3 ratio**  
- 50% in the serum of volunteers

↳ **DHA in the blood**  
+23% in serum  
+10% in red blood



### SOURCES :

ANSES, CIQUAL.ANSES.FR  
BLEU-BLANC-CŒUR CLINICAL STUDIES  
ASHER, A., TINTLE, N., MYERS, M., LOCKSHON, L., BACAREZA, H. AND HARRIS, W., 2021. BLOOD OMEGA-3 FATTY ACIDS AND DEATH FROM COVID-19: A PILOT STUDY.  
WEILL, P., PUISSONNEAU, C., LEGRAND, P., RIOUX, V. AND THIBAUT, R., 2020. MAY OMEGA-3 FATTY ACID DIETARY SUPPLEMENTATION HELP REDUCE SEVERE COMPLICATIONS IN COVID-19 PATIENTS?. BIOCHIMIE, 179, PP.275-280.