

FRONT RUNNER



Omega-3s and Omega-6s belong to a family of fats called “Essential Fatty Acids.” It is important that these two types of fats are provided in the correct balance to ensure the healthy functioning of many parts of the body, and provide an excellent source of “Energy.” Omega-6 fatty acids are commonly found in vegetable oils. Omega-3 fatty acids can also be found in vegetable oils, but the preferred source for maximum health benefits is “Fish Oil” which is a direct source of EPA and DHA, long-chain omega-3 fatty acids that are essential for diet and health. Essential fatty acids cannot be synthesised in the body and serve as carriers for important fat-soluble vitamins. Fatty acids play a role in cell structure and function. Frontrunner offers a blend of Omega-6 and Omega-3 Essential Fatty Acids derived from Vegetable Oils, Fish Oil and Flaxseed Oil. These have also been blended with “Lecithin” and a natural form of “VitaminE.”

Omega-6 and Omega-3 Oils may assist with:

- Energy
- Inflammation
- Body composition
- Muscle maintenance
- Healthy skin and coat
- Cell structure and function
- Increased immune system

Lecithin may assist with:

- Nerve function
- Blood circulation
- Vitamin A, E, D and K absorption

ACTIVE CONSTITUENTS

Each litre contains:

- Linolenic Acid (Omega 3) - derived from fish oil
- Linoeic Acid (Omega 6)
- Lecithin 50g / litre
- Vit E (d-tocopheryl acetate)

Available in 1L & 5L