

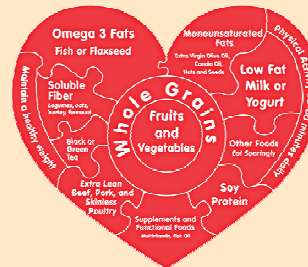


# BLOMMER CHOCOLATE COMPANY

## HEALTH & WELLNESS

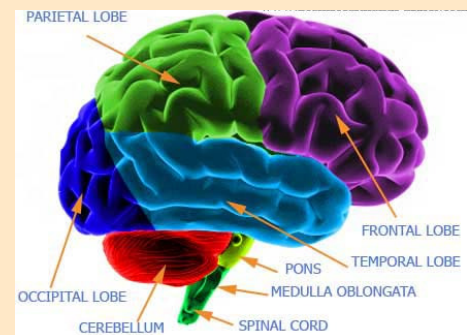
### OMEGA 3'S

Omega-3s (n-3) are essential fatty acids that have been implicated in having various positive health benefits. "Essential" fatty acid means they cannot be made by the body and must be obtained through the diet to maintain health. Some other names for n-3 are alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA), which can be found in fish (EPA/DHA) and plant (ALA) oils.



The most significant contribution of n-3 is its association to heart health/cardiovascular function perhaps due to the fact that is an anti-inflammatory agent. It may reduce risk of heart disease, reduce blood triglycerides, and VLDL (bad cholesterol). Studies have shown that people who take n-3 on a regular basis (5 days a week) have reduced risks of developing heart disease and sudden cardiovascular-related deaths. The FDA has approved an EPA/DHA supplement to treat high serum triglycerides. Since chocolate has also been shown to have positive effects on cardiovascular functions, it would seem that n-3 and chocolate are a natural fit.

Omega-3 fatty acids have been shown to have an effect on cognitive function; children who have high n-3 perform better on tests.



After testing multiple types and brands of Omega-3 (n-3) products, Blommer has found a fish-based n-3 product that has no flavor impact and went through a shelf life and stability test with great results. The fish-based n-3 has EPA and DHA fatty acids that were present at constant levels even after the manufacturer's 6-month shelf life. We also have an acceptable flax-based n-3 product that contains ALA fatty acids in case of allergen issues from fish-based ingredients.



*Blommer*

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