

Vegetarian Omega-3 Solution

A simple daily protocol to meet your Omega-3 needs naturally — through supplementation and a wholefood seed mix.

PART 01

Omega-3 Supplement

DOSAGE	3 tablets daily
WHEN TO TAKE	With lunch
BUY ONLINE	https://amzn.in/d/02XHquvF

PART 02

Natural Omega-3 Seed Mix

HOW TO MAKE THE MIX

70 g ground flaxseed

50 g chia seeds

40 g walnuts (lightly dry roasted)

Optional: a pinch of spirulina powder (for an extra boost)

- 1 Blend the walnuts into a fine powder.
 - 2 Mix together with ground flaxseed, chia seeds, and spirulina if using.
 - 3 Store in an airtight glass jar in the fridge.
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DAILY DOSE 1 tablespoon	HOW TO USE Add to smoothies, curd, or warm water	STORAGE Airtight jar, refrigerated
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WHY IT WORKS

What's in It for You

- **Flaxseed** — one of the richest plant-based sources of ALA Omega-3
- **Chia seeds** — high in Omega-3, fibre, and plant-based protein
- **Walnuts** — the only nut significantly high in Omega-3 fatty acids
- **Spirulina** — a superfood algae with additional anti-inflammatory benefits
- **Omega-3 supplement** — fills any remaining gap, especially important for vegetarians

This combination — supplement plus wholefood seed mix — works together to reliably meet daily Omega-3 requirements for vegetarians. Consistency is what matters most. One tablespoon of the mix every day goes a long way.