

## **What are some common signs or symptoms of EPA and DHA deficiency?**

Common signs of EPA and DHA deficiency are chronic excessive pain and inflammation, fatigue, weakened immunity and/or autoimmunity, dry skin, eczema or hair loss, heart problems and/or poor circulation, reproductive problems (men and women), poor memory, behaviour problems, learning problems, and mood swings and/or depression.

EPA and DHA deficiency have been linked with cancer, heart disease, stroke, diabetes, and depression as well as the autoimmune and atopic diseases such as arthritis, Crohn's Disease, irritable bowel, psoriasis, eczema, allergies, fibromyalgia, lupus, and multiple sclerosis. Inflammation is also a major factor in dysmenorrhea (menstrual pain and/or cramping), headaches, and back and neck pain.