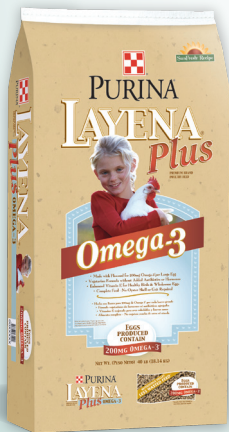


EGGS  
PRODUCED  
CONTAIN

200MG OMEGA-3\*

 PURINA®  
**LAYENA**®  
PREMIUM BRAND  
POULTRY FEED  
*Plus* OMEGA-3

# Making Sense of Omega Fatty Acids



If you're like most people, you're aware that Omega fatty acids are good for you—you're just not sure why.

Omega-3 and Omega-6 are essential fatty acids. While the body needs them for proper heart and brain function, growth and development, the body cannot manufacture them on its own for optimal health. So they must come from the diet. *(continued on back)*

\*When fed a diet of Layena® Plus Omega-3 exclusively for at least 3 weeks. Based on large egg (50g). Results may vary with factors such as total diet and hen health.

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But there's a catch—it's critical to maintain the appropriate balance of Omega-3 to Omega-6. Unfortunately, the typical American diet provides far more Omega-6 than is necessary and this imbalance can prove detrimental over time.

But you can tilt the balance in your favor by looking for opportunities to add Omega-3 to your family's diet. Eating eggs produced through an exclusive diet of Purina® Layena® Plus Omega-3 are a wholesome and delicious way to add some of those much-sought-after Omega-3 fatty acids.



For more information and promotion details visit  
[facebook.com/PurinaPoultry](https://facebook.com/PurinaPoultry)

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