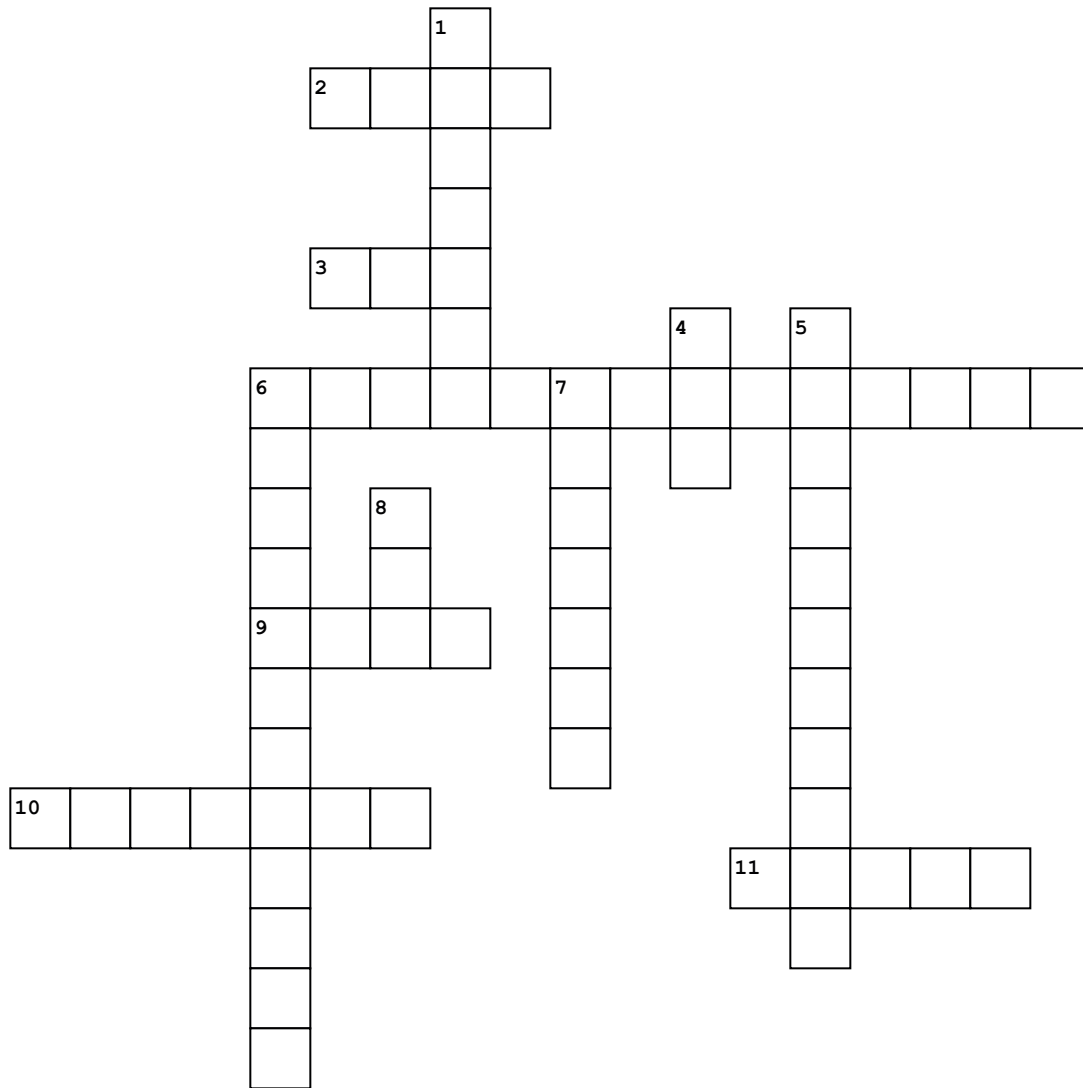


# Essential Fatty Acids



## Across

2. The consumption of this seed was first used by ancient Aztec warriors to promote good health, energy, and physical stamina
3. Eicosapentaenoic acid and which other kind of essential fatty acid are found in deep-sea, cold-water fish (abbr)
6. Powerful agents the body produces to help manage inflammatory response
9. Along with fish oil, this is considered to be a key source of Omega-3 fatty acids
10. In addition to cardiovascular support, may also benefit mood, stiff joints, inflammation
11. FDA approved a qualified health claim for Omega-3 stating that it may reduce the risk of this

## Down

1. Pharmacologically active plant compounds that occur naturally in flax seeds
4. A unique type of Omega-3 found in Flax (abbr)
5. To properly repair itself from oxidative damage, the body needs a generous supply of these fats
7. You can find close to three grams of Omega-3s in this nut
8. Despite the bodys inability to make them on its own, the body must have them in order to remain healthy (abbr)

disease.