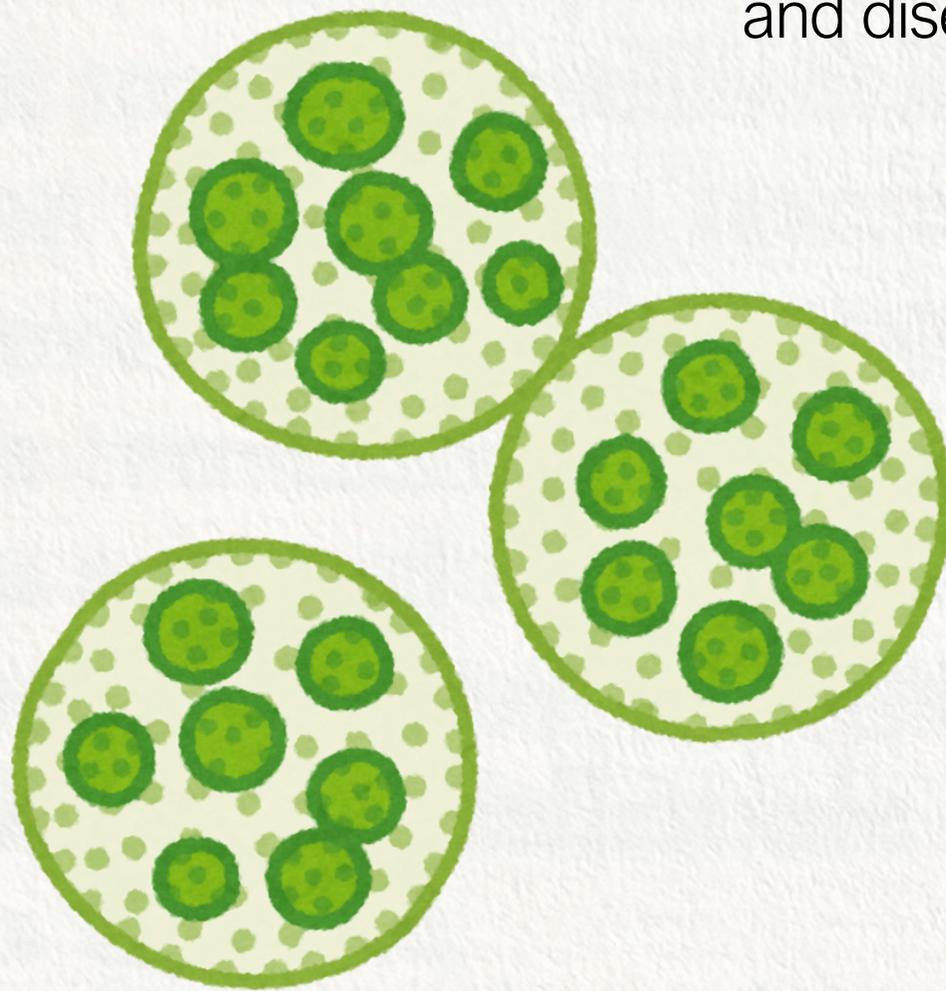


The Benefits of Omega-3s

Helps lower triglycerides and blood pressure

Reduces chronic inflammation, one of the biggest drivers of aging and disease



Lowers heart attack risk by keeping blood flowing

Linked to brain health and healthy aging, with low levels linked to dementia and depression

Slows heart rate by 2 to 4 beats per minute → your heart works less, you live longer

The Benefits of Creatine

Improves muscle strength and power

Supports muscle maintenance

Creatine

Boosts energy production

Aids recovery by replenishing muscle energy stores and reducing muscle fatigue

Enhances cognitive function by supporting memory and mental clarity

The Benefits of Vitamin D

Supports bone strength
and density

Boosts immune function



Enhances
mood and
mental well-
being

Supports
muscle
function and
strength

Helps reduce risk of
chronic diseases linked
to deficiency

3 Essentials for Health Success!



A balanced, plant-forward diet is the foundation of lifelong health. But research shows that certain nutrients—like ***Omega-3s, Vitamin D, and Creatine***—can help optimize heart, brain, and muscle function as we age.



Cost

With my preferred tested brand and subscription, a complete daily routine costs \$71.52/month, about **\$2.38 per day**.

[My preferred tested brand. Use code NISHA for up to 35% off your subscription.](#)

If a Subscription Isn't in Your Budget



Vitamin D

- Fortified Foods – Many plant milks (soy, almond, oat), orange juice, and breakfast cereals are fortified with vitamin D2 or D3 (check the label for vegan D3 from lichen).
- Mushrooms – Certain mushrooms like maitake, portobello, and shiitake naturally contain vitamin D2, and UV-exposed mushrooms have even higher levels.



Omega-3

Low conversion rate:

- ALA → EPA: roughly 5–10%
- ALA → DHA: roughly 0.5–5%

- Flaxseeds & Flax Oil – Rich in ALA (ground flax is best for absorption).
- Chia Seeds – Easy to add to oatmeal, smoothies, and puddings (ground chia is best for absorption).
- Hemp Seeds – Provide ALA plus some protein and minerals.
- Walnuts – A convenient snack with heart-healthy ALA.