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Xoçai™ Omega Squares™

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Essence of Health, the Xoçai™ Omega Squares™

The North American diet is almost completely void of the essential fatty acid Omega-3. Researchers believe that at least 60% of North Americans are presently deficient in Omega-3 fatty acids and that children are obtaining almost no Omega-3. In fact, the deficiency of Omega-3 in the North American diet has now been linked to an extensive list of health-related problems cited in over 2,000 scientific studies.

Omega-3 fatty acids are essential to health.

They are considered essential fatty acids, which means that they are essential to human health but cannot be manufactured by the body.

The National Institutes of Health and International Society for the Study of Fatty Acids and Lipids (ISSFAL) recommends that individuals consume at least 220mg daily of DHA (docosahexaenoic acid), the most important Omega-3 fatty acids, and that pregnant and nursing women consume at least 300mg daily. For comparison purposes, there is 100mg of DHA per 1/4 cup of canned tuna.

The Xoçai™ Omega Bar™ has a minimum of 200mg of DHA and EPA per three 11 gram squares. The Xoçai™ Omega Squares™ are an excellent source of Omega-3 and promotes the necessary balance of essential fatty acids through the Açai Berry, flaxseed and a patented, plant-based, encapsulated Omega-3.



Reverse the Imbalance!

It is important to maintain an appropriate balance of Omega-3 and Omega-6 in your diet as these two substances work together to promote better health. A healthy diet should consist of roughly two times more Omega-6 fatty acids than Omega-3 fatty acids (2:1).

Many researchers suggested that the present excessive levels of Omega-6 fatty acids, relative to Omega-3 fatty acids (10:1), in the North American diet has created a significant imbalance and is a major factor in the rising rate of diseases in the United States. Omega-9 fatty acids are not classified as essential fatty acids, because they can be created by the human body from unsaturated fat.

The Xoçai™ Omega Squares™ has been developed to provide your body the essential fatty acids for preventative and better health during every stage of your life!

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