

## **SOURCES OF OMEGA-3 FATTY ACIDS**

1. **FISH** – 3 Servings per week of fatty fishes such as **TUNA** and **SALMON, Anchovies, Sardines.**
2. **FISH OIL** – Enteric coated fish oil capsules taken twice daily with food.
3. **FLAXSEED OIL** – Available in capsules taken twice daily and liquid form which is found in the refrigerated section of Health Food stores. The oil in liquid form should be taken as 1 tablespoon twice daily or **Walnut Oil.**
4. **NUTS** – One quarter cup per day of **Walnuts, Black Walnuts, Pecans,** or **Chia Seed.**
5. **OLIVE OIL** – Use as often as you can for cooking or take 1 tablespoon three times daily.
6. **AVOCADOS** – One whole per day

\* Choose any of the above sources to get the recommended daily requirements to help ease the symptoms of **Ocular Rosacea, Meibomian Gland Dysfunction, and/or Tear Film Insufficiency** (Dry Eyes).