

[**ZOOM NOTE:** To clearly see this text, please use the '+' keys on the top of this screen to enlarge it to 100% or greater]

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Ruggles products champion the benefits of Omega 3

ESSENTIAL fatty acids, Omega 3 and Omega 6, are integral parts of the cell membrane of every single cell in the body and are key for healthy joints, balanced immune and nervous systems, healthy skin and general wellbeing.

Research shows that Omega 3 can help to soothe stiff, sore and aching joints as well as potentially easing seasonal breathing issues to benefit circulation, skin and coat and the complete immune and nervous systems.

Karen Ruggles, of Ruggles & Stopitall Ltd said: "I believe that Omega 3 essential fatty acids offer staggering poten-



tial for so many issues! They are a totally fundamental building block to good health, yet are frequently overlooked."

After extensive research by Karen and her team there are three clear choices for helping to boost the Omega 3 levels naturally in your dog – two oils and one chewable caplet.

Flaxseed oil is one of the highest natural plant sources of Omega 3 and Ruggles & Stopitall Ltd have sourced a product that is 100 per cent

pure, organic, vegetarian and kosher. It is also free from dairy soya and products.

Option two is a high Omega 3 content salmon oil that is not only human grade but contains absolutely no intestines, soya, artificial additives, colourings or flavourings. It is cold-processed in Denmark and uses only fresh wild Scandinavian salmon. It is high in Omega 3 and even the fussiest dogs will love it!

Option three is Green Lipped Mussel caplets, which are crushable, tasty and very fast acting. They are veterinary approved and can be used for dogs and horses as well as humans.

For an impressively long list of testimonials, more information or to order the gentle and non-invasive Ruggle-it animal skin care, probiotic and joint care products in the Ruggles & Stopitall Ltd range, visit www.karenruggles.co.uk

Many thanks to **The Countryman's Weekly** for their interest.

www.countrymansweekly.com