

**Today, most Americans consume
15-times more omega-6 than omega-3**

**Too much omega-6
and not enough omega-3
heightens the risk of chronic disease**

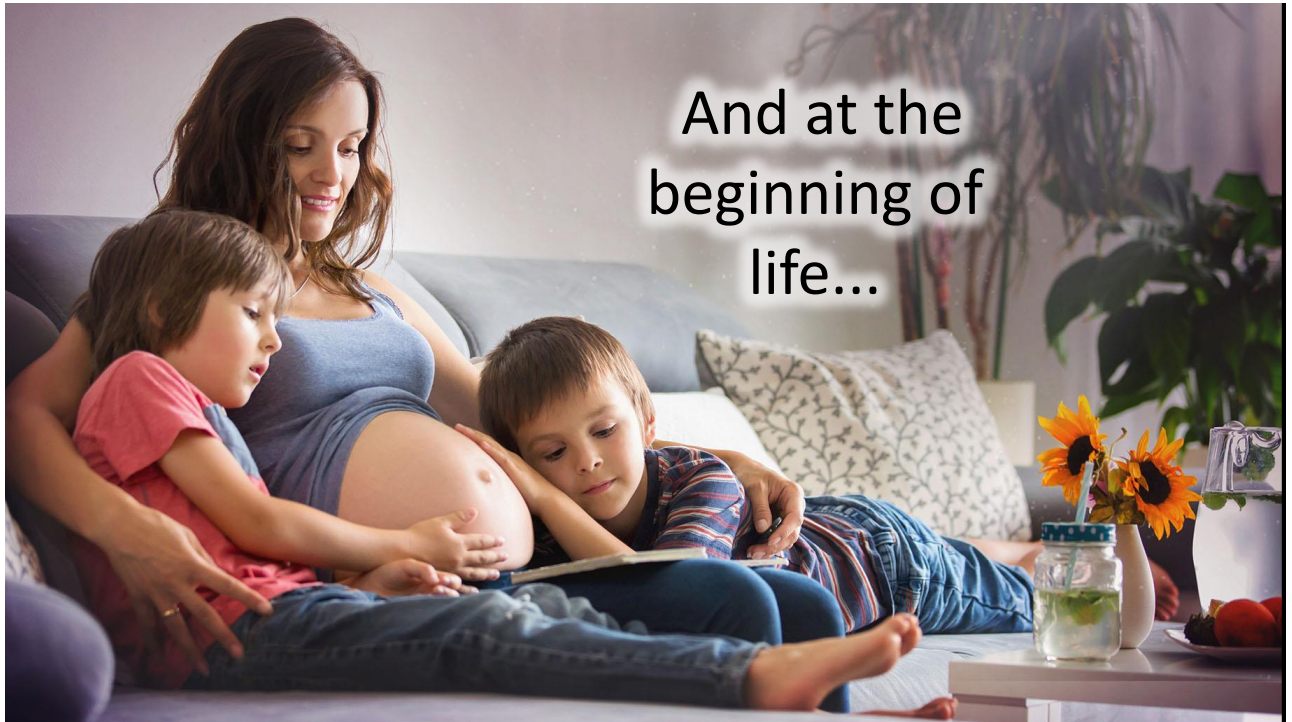
Obesity
Cancer
Diabetes
Cardiovascular Disease

Loss of
quality of life

Higher
health care
costs

Lower life
expectancy

And at the
beginning of
life...



**...and grassmilk has nearly equal amounts
of omega-6s and omega-3s**

A white laptop sits on a wooden surface. The screen shows a low-angle shot of a brown and white cow standing in tall green grass under a clear blue sky.

Prescription:

3-X servings
grassmilk dairy/day

Feed cows grass for healthiest milk

Balance omega-6 and omega-3 intakes

