

Omega 3 and Cannabis



"I love the peach flavor [of Sensi Gummies]! Very delicious and I can't taste the weed like you do in some edibles! The 1:1 ratio allows me to be functioning without feeling too high.

My new favorite."

- Maria S.

The cannabis industry is always growing, changing, and learning. We've recently discovered that CBD can balance out THC-induced anxiety, we've mastered how to isolate specific cannabinoids for a desired effect, we're learning more about the different medical benefits cannabis has on ailments, and we now know that fatty acids, such as Omega 3, help increase cannabinoid effectiveness when cannabis is taken orally.

WHAT ARE OMEGA 3s?

Omega 3s are fatty acids found in foods such as fish, flaxseed, soybean, nuts, and plant oils. There are three main Omega 3 fatty acids: ALA, EPA, and DHA. All three essential fatty acids cannot be made by your body and therefore must be consumed. To ensure optimal intake of Omega 3, it is recommended to eat fatty fish at least twice a week. However, according to the Institute for Natural Medicine, "95% of Americans do not get enough DHA and EPA". For those who don't eat fatty fish often or are looking for an alternative for getting sufficient Omega 3, supplements are suggested as Omega 3s are important for our health. Studies looking at the effects of Omega 3s have found they can help keep the heart healthy and decrease the risk of some heart problems. Research even shows it may lower the risk of developing problems with cognitive function such as Alzheimer's and dementia. Omega 3s have also been associated with increased sleep quality and length.

OMEGA 3 AND CANNABIS

Cannabinoids are naturally occurring compounds found in marijuana. Our bodies also convert Omega 3 fatty acids into endocannabinoids, cannabinoids that our bodies naturally produce. Both cannabinoids found in cannabis and endocannabinoids produced by our bodies fight inflammation. With anti-inflammatory properties, many people find an increase in pain relief when they increase their Omega 3 intake. But how does Omega 3 affect cannabis use?

Omega 3 and Cannabis

Cannabis's active ingredients are fat soluble, meaning fat is necessary for them to be metabolized. Cannabis consumed orally need fats to be bioavailable. When the bioavailability of cannabinoids are increased, the high feeling and therapeutic effects of cannabis are increased as well. So, for those looking to get the most out of their cannabis edibles, it is suggested that they are taken with fats.

SENSI PRODUCTS TO THE RESCUE

Due to the anti-inflammatory and increased performance Omega 3 has on cannabinoids, Sensi Products has infused all of their vegan Sensi Gummies with Omega 3 from algae. Each powerhouse gummy is 100% vegan, all natural, and has 30-70% less sugar than other cannabis gummies. For those looking for a product high in pain relief, Sensi offers Sensi Gummies Passion Peach 1:1. This delicious gummy has both THC and CBD infused with Omega 3 for optimal pain relief. For those looking for an increased high, Sensi Gummies Very Berry, Wild Watermelon, and Sublime Lime have 100mg of THC per package. For those having sleep issues, Sensi Gummies Bedtime Blueberry is infused with both THC and melatonin to help users fall asleep and stay asleep.



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