



# Essential Fatty Acid Complex

Omega-3 and omega-6 oils with CLA to support multiple body systems\*

## What Does It Take to Get the Same Level of EFAs In Your Diet?<sup>2</sup>

To get the same levels of daily fish oils (DHA and EPA) found in Essential Fatty Acid Complex, you would have to consume one of the following:

- 24 oz (4 cans) of yellowfin tuna (cooked, dry heat)
- 21 oz (4 fillets) of tilapia (cooked, dry heat)
- 18 oz (4.5 fillets) of Pacific or Atlantic cod (cooked, dry heat)
- 15 oz (2 tails) of northern lobster (cooked, moist heat)
- 4.5 oz (1 fillet) of pink salmon (cooked, dry heat)

To get the same levels of daily plant oils (CLA, GLA, and ALA) found in Essential Fatty Acid Complex, you would have to consume one of the following:

- 7.5 oz (2 patties) of ground turkey (85% lean, broiled)
- 3.5 oz of pine nuts (490 pine nuts)

## Why Do We Need EFAs?

We all need fat. Fats help with nutrient absorption, nerve transmission, and maintaining cell membrane integrity and fluidity. However, certain kinds of fats are better for you than others, specifically unsaturated fats as opposed to saturated fats. Saturated fats are only needed in small amounts and you should avoid them where you can.

Unsaturated fats are considered good fats and are the building blocks of vital organs and tissues such as the heart, circulatory system, brain, and skin. These good fats are contained in three families: omega-3, omega-6, and omega-9 oils.\* Omega-3 and omega-6 oils are not produced by the body, so you must get them through your diet or supplements. These oils are vital to human life, which is why they are called "essential" fatty acids. Many wellness experts rank the importance of EFAs close to that of vitamins and minerals.\*

## Did You Know?

CLA is primarily found in meat and dairy products. The CLA in Essential Fatty Acid Complex is from safflower oil and aids the beneficial nutritional support offered by EFAs.\*

1. [http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Fish-and-Omega-3-Fatty-Acids\\_UCM\\_303248\\_Article.jsp#.WD3Kv7lrLRY](http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Fish-and-Omega-3-Fatty-Acids_UCM_303248_Article.jsp#.WD3Kv7lrLRY)

2. U.S. Department of Agriculture, Agricultural Research Service. 2010. USDA National Nutrient Database for Standard Reference, Release 23. Nutrient Data Laboratory Home Page, <https://ndb.nal.usda.gov/ndb/>

**\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.**