Essential Fatty Acid
Complex

What is Essential Fatty Acid?

Essential Fatty Acid is 4Life's superior source of essential Omega-3 and Omega-6 fatty acids. This product is made from flaxseed oil, safflower oil, borage seed oil, and fish oil. This well-rounded blend of essential fatty acids (EFAs) contains 1030 mg fish oil & 609 mg plant oil per serving'

KEY INGREDIENTS

The Superior Source of Essential Fatty Acids!

Fish Oil
- EPA (Eicosapentaenoic acid)
- DHA (Docosahexaenoic acid)

Safflower oil
- CLA (Conjugated Linolenic acid)

Borage Seed Oil
- GLA (Gamma Linolenic acid)

Flax Seed Oil
- ALA (Alpha Linolei acid)

- Essential Fatty Acid utilizes EFAs from a variety of sources to help ensure a well-rounded product including DHA and EPA from fish oil.
- CLA (Conjugated Linaleic acid), primarily found in meat and dairy products, has been shown to support cardiovascular and circulatory health. The CLA used in Essential Fatty Acid is from the natural source of safflower oil, and together with borage seed oil and flaxseed oil, aids the beneficial nutritional support of EFAs.
- GLA (Gamma Linolenic acid), an omega- 6 fatty acid is from the natural source of Borage Seed Oil and ALA (Alpha Linolenic acid), an omega-3 fatty acid is sourced from Flax Seed Oil. Both provide support for the cardiovascular system.
- Essential Fatty Acid contains ultra-pure omega-3 fatty acids, combining the highest grade fish oils, which meet or exceed current standards for heavy metals, including mercury, and PCBs.

What Doet it Take to Get the Same Level of EFA's In Your Diet?

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

- 24 oz. (4 cans) of yellowfin tuna (cooked, dry heat)
- 21 oz. (4 fillets) oltilapia (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. (I 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 you would have to consume either:

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

U.S. Deportment of Agriculture, Agricultural Reseo(h Service. 2010. USDA Notional Nutrient Database for Standard Reference, Release 23. NIIlrient Data Laboratory Harne Page, https,'/ndb.nal.usda.gov/ndb/

*These statements have not been evaluated by FSSAI. This product is not intended to diagnose, treat, cure, or prevent disease

WHY DO WE NEED ESSENTIAL FATTY ACIDS?

EFAs provide benefits to the cardio vascular and nervous systems and offer support for healthy skin, respiratory function, weight management, proper immune response, boosts memory and many more.

Essential Fatty Acid Complex

- 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, specifical unsaturated fats as opposed to saturated fats. Saturated fats are only needed in small amounts and should primarily be avoided.
- 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 they must be received through diet or supplementation. 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.

- According to the American Heart Association, "Omega-3 fatty acids, particularly EPA and DHA, have been shown to benefit the heart of healthy people, and those at high risk for - or who already have -cardiovascular disease.*
- A US government sponsored study of fish oil research, prepared by Tufts - New England Medical Center, concluded that consistent, beneficial effect of omega-3 fatty acids is reduced triglyceride levels, a heart disease risk factor.*
- The US Food and Drug Administration (FDA) has also stated, "Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease."

* Frequently Asked Questions About NBetter™ Fats http://www.heart.org/HEARTORG/HealthyLivin\'V'HeoIthyEoIinwNutritionv'Fish-and-Omego-3-Fatty-Acids UCM 303248 Artide.jsp# .WD3Kv7IrLRY 'Effect of Omego-3 fatty Acids on Cardiovascular Risk Factors and Intermediate Markers of Cardiovascular Disease, Evid Rep Technol kises (Sunvn). 2004Mor (93): 1-6.

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