

Getting the Right Fat

Why Essential Fatty Acids (EFA's)?

The average American diet contains far too much saturated and hydrogenated fat and yet is deficient in the beneficial fatty acids needed in the daily diet. This situation poses a serious health threat, and may play a major role in the development of heart disease. The American Heart Association recommends two servings of fatty fish per week to decrease the risk of heart disease. This recommendation is because fish contains essential fat compounds that provide numerous health benefits to the body. Since many people do not consume fish or other foods high in essential fats, supplements are an easy way to ensure adequate intake.

"Good Fats"

Examples of good fats are omega-6 and omega-3 monounsaturated fatty acids, which are essential to the daily diet. Good fats can be found in foods such as canola oil, spirulina, green leafy vegetables, soybeans, borage oil, evening primrose and flaxseed oil, as well as fatty fish such as salmon, tuna, cod, mackerel and herring.

Benefits of Good Fat -- EFAs

- Supports heart health
- Important for brain development and function
- Promotes healthy joints
- Important for the nervous system and involved with immune function
- Popular for overall good health

"Bad Fats"

Saturated and trans fatty acids are considered harmful in excess and the typical American diet includes far too much of these fats compared to the good fats stated above. Animal foods are highest in saturated fats as well as whole-milk dairy, coconut and palm oils. Trans fatty acids are found in ready-made baked goods, fried foods, and artificial dairy products.

The key to a healthy diet is increasing the ratio of good vs. bad fats, which may be achieved by supplementation. Choose a supplement below from our brand of high quality, pure EFA products:

Ultimate Omega Complex™ :

- A softgel blend of fish, borage and flax seed oils, providing both omega-3 and omega-6 fatty acids in one product
- Fish, borage and flax are from non-genetically bioengineered sources free of herbicides and pesticides
- Fish oil tested safe for heavy metals and fish sourced from the cool, clean waters of Norway

Borage Oil :

- A highly concentrated source of gamma linolenic acid, (20%), providing a great source of omega-6 fats
- Manufactured as a cold pressed and hexane free product, an environmentally friendly process

Concentrated Omega-3 :

- The best natural source of omega-3 essential fatty acids harvested from cold-water fish of Norway and tested for pesticides, PCBs and heavy metals
- Molecularly distilled with natural orange oil added to subside any after taste

Evening Primrose Oil :

- 500 mg or 1300mg softgel for an excellent source of omega-6 fatty acids
- Easily available to the body as a complete nutrient for improved absorption
- Cold pressed and hexane free for an environmentally friendly product

EPA & DHA :

- Sourced from sardine, mackerel, anchovy, herring and capelin harvested off Norway's coast, where the cold-water fish feed on plankton rich in omega-3 essential fatty acids
- Provides omega-3 essential fatty acids directly from EPA and DHA
- Tested for heavy metal and pesticide contamination

Flax Seed Oil :

- Great plant source of omega-3 fatty acids, providing 580 mg per daily dose
- From Canadian-grown flax, where the cooler temperature produces more oil and essential fat components
- Organic, unfiltered, unrefined, and unbleached oil for a pure and wholesome product

Liquid Flax Oil :

- An organic and vegan source of omega-3 fatty acids containing natural lignans beneficial in supporting heart health and cognitive functions
- Our Liquid Flax Oil is also unfiltered, unrefined, unbleached and non-genetically modified (Non-GMO)

Are Essential Fat Supplements Safe?

Our EFA products are tested for pesticides and contaminants, such as heavy metals, to ensure safe and reliable products to our customers. In addition, because heavy metals only bind to fish protein and not fish fats, you can rest assured that your EFA's will never contain detectable levels of mercury.

This information is for educational purposes only and should not be construed as medical advice. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

REFERENCES:

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