

# ***Essential Fatty Acids***

E.F.A.'s are lacking in most normal low calorie diets

Essential: Must be ingested. Your body cannot synthesize them on it's own.

A combination of Omega<sub>3</sub> and Omega<sub>6</sub> acids are needed to reach their potential benefits.

## **Benefits:**

- ☞ Control Blood pressure
- ☞ Lower Cholesterol
- ☞ Speed up metabolism
- ☞ Emulsify fat for easy digestion and elimination
- ☞ Prevent gallstones
- ☞ Prevent hair loss, dry skin and dry nails
- ☞ Prevent arthritis and visual disorders
- ☞ Aids in normal brain functions
- ☞ Transport of vitamin A, D, E, and K
- ☞ Helps reduce coronary disease

## **Dosage:**

- ◆ Up to six(6) daily
- ◆ Space them throughout the day
- ◆ Best if taken after a meal