BALANCE YOUR HEALTH
by Balancing Your Fats

essential fatty acids for a healthy body / healthy mind / healthy mood
Essential Fatty Acids (EFAs) are considered “essential” because they are required for optimal health but cannot be produced by our bodies, and, therefore, must be consumed daily through diet or supplementation.

The EFAs we consume reside in our cell membranes, where they impact every biological process in our bodies—such as cell division, circulation and blood pressure, and healthy inflammatory levels.* With adequate intake of EFAs, cells function properly, and overall health is supported.*
How Do I Choose a Fish Oil Supplement?

There is a wide range of quality among fish oil supplements. By using the following categories as a guide, you can be assured that you have chosen a high-quality fish oil supplement.

**PURITY**
purified of contaminants like mercury, lead, PCBs, etc.

**FRESHNESS**
minimized oxidation throughout processing

**TASTE**
a product without fishy smell or taste ensures freshness

**TRIGLYCERIDE FORM**
natural molecular form for proven increased absorption and results

**THIRD-PARTY TESTING**
guarantees quality, freshness, and overall safety of the product

**SUSTAINABILITY**
responsible fishing and manufacturing protect land and sea

How Much is Enough?

International experts recommend:

<table>
<thead>
<tr>
<th>Amount</th>
<th>Description</th>
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<tbody>
<tr>
<td>500 mg EPA+DHA</td>
<td>to avoid deficiency</td>
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<tr>
<td>1 g EPA+DHA</td>
<td>for proactive support</td>
</tr>
<tr>
<td>2–4 g EPA+DHA</td>
<td>for high-intensity support</td>
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**Look For EPA and DHA Levels**

Make sure to read the supplement facts to know how much EPA+DHA you are getting. A 1000 mg fish oil soft gel refers only to the size of the soft gel, not the levels of EPA+DHA.
Omega-3: Omega-6 Balance

There are two families of EFAs: omega-3 and omega-6; and each have different biological effects. Generally speaking, omega-6s promote inflammation, increase blood clotting, and depress the immune system, while omega-3s support healthy inflammatory levels, normal circulation, and immunity.* To keep these biological effects in balance and maintain health, omega-3 and omega-6 EFAs need to be consumed in a balanced ratio.

The problem is that the modern Western diet has dramatically upset this crucial balance—we consume too much omega-6 from refined vegetable oils, processed foods, and meat, and too little omega-3. Research suggests that this imbalanced intake of EFAs is a contributing factor to many chronic health conditions such as heart disease and diabetes, as well as those that affect joint function, mood, and immunity.*

Diet is Not Enough

Because of the imbalanced EFA ratio in even the healthiest Western diets, supplementation is the best way to bring our EFA intake back into balance. Research shows that a high-quality, purified fish oil supplement is the best source of the most important omega-3s that we’re missing: eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).
**What is EPA?**

EPA (eicosapentaenoic acid) is an omega-3 essential fatty acid found in fish and fish oil. Although EPA and DHA work together in the body, research shows that each fatty acid has unique benefits.

### EPA Supports

- heart health*
- immune function*
- circulation*
- joint function*
- healthy inflammatory levels*

### Cardiovascular Health

Research shows that omega-3 fish oil reduces triglycerides, supports healthy blood pressure, promotes circulation, and facilitates healthy inflammatory levels.* The evidence is so strong that the American Heart Association recommends that people with heart disease consume a minimum of 1 gram of combined EPA+DHA per day, and those with high triglycerides consume 2–4 grams per day.

### Arthritis & Joint Health

Within joint and muscle tissue, EPA naturally supports healthy inflammatory levels.* While clinical studies have shown that duration of supplementation varies among people before they experience the benefits of fish oil, it is proven effective, with virtually no adverse effects.* Original research using fish oil showed that it reduced joint pain to such an extent that over 60% of the people treated were able to stop using conventional therapies.* Experts recommend beginning with about 2–4 grams daily of EPA+DHA, and later reducing the dose for maintenance support.

* 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.
What is DHA?
DHA (docosahexaenoic acid) is an omega-3 essential fatty acid found in fish and fish oil. Although DHA and EPA work together in the body, research shows that each fatty acid has unique benefits.

DHA Supports
- learning and memory*
- positive mood*
- healthy infant and child development*
- eye health and function*
- healthy pregnancy and lactation*
- normal brain and nerve cell function*

Cognition
DHA is essential to brain function throughout life—increasing membrane fluidity, neurotransmitter activity, and supporting memory and learning.* Research indicates that people who consume more DHA over their lifetime have better cognitive function as they age, and low intake of DHA has been linked to cognitive decline.*

Mood & Mental Health
Fish oil has been shown to support mental health, as omega-3 fats are heavily concentrated in the brain. DHA, for example, comprises approximately 20% of the fatty acids in the brain’s cerebral cortex. Because essential fatty acids are available only through the diet, sufficient consumption is required to maintain normal levels.* The American Psychiatric Association recommends a minimum of 1 gram EPA+DHA daily to maintain a healthy mood, and more as indicated for specific conditions.

Pregnancy & Lactation
DHA is essential for the development of the brain and eyes, as well as the nervous and immune systems during pregnancy and the first years of life.* But experts advise women to limit fish intake during this time, precisely when the need for DHA is the highest. A high-quality, purified fish oil supplement is the ideal solution—providing DHA with a reduced risk of toxins like mercury. Research shows that moms who take omega-3 fish oil have healthy deliveries and maintain a positive mood after giving birth.* Plus, their children have healthier immune systems and perform better on a variety of tests.*
What is GLA?
Western diets typically contain too little omega-3 and too much omega-6—with one exception: GLA (gamma-linolenic acid). GLA is a uniquely beneficial type of omega-6 found in borage and evening primrose oils. Research shows that the benefits of GLA increase when it is taken with EPA and DHA.

GLA Supports
- joint health and function*
- skin, hair, and nail health*
- the body’s response to inflammatory skin conditions*
- women’s reproductive health*
- hormonal balance*
- learning and cognition in children*

Learning and Focus
Fish oil combined with GLA is beneficial for behavior, focus, and learning.* Supplementing with fish oil plus GLA has been shown to help children by supporting brain and visual function, and a healthy nervous system.*

What do EFAs help with?

<table>
<thead>
<tr>
<th>Health*</th>
<th>Longevity*</th>
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<tr>
<td>Joint Health*</td>
<td>Blood Sugar*</td>
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<tr>
<td>Inflammation*</td>
<td>Body Composition*</td>
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<tr>
<td>Respiratory Health*</td>
<td>Attention &amp; Focus*</td>
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<tr>
<td>Immune Function*</td>
<td>Eye Health*</td>
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<td>Pregnancy*</td>
<td>Vision*</td>
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<td>Infant Development*</td>
<td>Prostate Health*</td>
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<td>Language*</td>
<td>Colon Health*</td>
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<td>Cognition*</td>
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How much do I need?
International experts recommend a minimum daily intake of 500 mg of EPA+DHA or eating fish twice a week to support optimal health.* However, people with specific health concerns, and those who are currently deficient, often require a minimum of 2–4 grams of EPA+DHA a day.* Satisfying these intakes through diet is difficult due to the risk of environmental toxins in fish. Research shows a purified, high-quality fish oil supplement to be the healthiest and most reliable source of EPA and DHA.

Can fish oil and GLA be taken with other supplements?
Yes. Purified fish oil and GLA have excellent safety profiles, are well tolerated, and safe to use every day.*

How long before I see results?
It depends on your nutritional status, the amount of fish oil you take, and your particular health concerns. Some people feel results within a few days, and for others it takes a few weeks.* Your nutritional state will improve right away, but it may take a few weeks to feel a change in your body. Be sure to supplement consistently, as daily supplementation will yield quicker results.*

What’s the difference between flax and fish oil?
Flax contains the plant-based omega-3 alpha-linolenic acid, or ALA. Fish oil contains the marine-based omega-3s EPA and DHA. The scientific consensus is strongest for the health benefits of EPA and DHA. While it was once thought that humans could convert the plant-based ALA into EPA and DHA, current research shows that such conversion is unreliable and may not occur at all in some people.

Does fish oil threaten the health of the oceans?
Generally no. The Global Organization for EPA and DHA Omega-3 (GOED) estimates that approximately 90% of the fish oil on the market comes from one of the most well-managed fisheries in the world. But some fish oil products are more sustainable than others—any environmentally responsible fish oil manufacturer will provide information about their sourcing.
Will EFAs interfere with my medical condition or medications?
Generally no. EFAs are very safe and, in fact, have been shown to support the effectiveness of other medications. But it is recommended to check with your health care practitioner if you are taking blood thinning medications or anticipating surgery.

Will I experience any adverse effects?
Generally no. Rarely, people report mild stomach upset or loose stools, but this goes away with time, and typically diminishes if EFAs are consumed with food. The purer and fresher the product, the less likely one will experience such digestive symptoms.*

What’s the difference between cod liver oil and fish oil?
Cod liver oil is extracted from cod livers, whereas fish oil is extracted from the body flesh of fish. While both are excellent sources of the omega-3s EPA and DHA, they provide different ratios—cod liver oil generally contains about 9% EPA and 14% DHA, whereas fish body oil generally contains about 18% EPA and 12% DHA. Cod liver oil also naturally contains vitamins A and D.

What should I look for when choosing a fish oil supplement?
To avoid fishy taste and burps, and to reduce the risk of free radicals and environmental toxins that bioaccumulate in fish, choose a product that is third-party tested for purity and freshness. Only third-party analysis can verify the quality of a fish oil supplement. Choosing a fish oil that is produced in the triglyceride form can also ensure optimal absorption of omega-3s, and, thus, effectiveness.

Some fish oils say they are in the natural triglyceride form and others in the ethyl ester form. What is the difference?
Many concentrated fish oils on the market today are in the ethyl ester form—a “new to nature” fat with only a few decades in the human diet. Validating many years of data, a 2010 study confirms that concentrated fish oil in triglyceride form is up to 70% more absorbable than fish oil in ethyl ester form.*
REFERENCES


The Workshop on the Essentiality of and Recommended Dietary Intakes (RDI) for Omega-6 and Omega-3 Fatty Acids. ISSFAL Workshop;1999. Bethesda, Maryland.


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