

The "Good" Fats

Fat can be categorized in two ways, saturated fat and unsaturated fat. Though the body needs some saturated fat, by and large these are bad fats that should be avoided. Unsaturated fats are the 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, therefore, they are called "Essential" Fatty Acids (EFAs).

BioEFA with CLA is 4Life's superior source of Essential Fatty Acids. It is formulated with fish oil, borage seed oil, flaxseed oil and conjugated linoleic acid (CLA). Fish oil and flaxseed oil are excellent sources of omega-3 fatty acids and borage seed oil is an excellent source of omega-6 fatty acids.

Key Points

- **Benefits of EFAs:** Essential fatty acids provide important benefits that support several body systems. EFAs promote a healthy heart and provide support to healthy cell membranes and capillary walls. In addition, structural system integrity, respiratory function and proper immune function are supported through these amazing essential oils!*
- **Important Ingredients:** Borage seed oil and flaxseed oil are excellent sources of omega-3 and omega-6 fatty acids. Fish oils provide two different types of omega-3 fatty acids: Eicosapentanoic Acid and Docosahexaenoic Acid, both of which support a healthy heart. Receiving EFAs from a variety of sources provides a well-rounded product with optimal benefits.
- **CLA:** Conjugated linoleic acid, primarily found in meat and dairy products, has been shown to support cardiovascular and circulatory health. The CLA used in BioEFA is from the natural source of sunflower oil, and together with borage seed oil and flaxseed oil, ensures optimum nutritional support of essential fatty acids.*

Did you know?

According to the American Heart Association, unsaturated fats may help lower overall cholesterol levels.

Essential fatty acids are converted to prostaglandins, hormone-like substances that help support important membranes of the body.

According to Women and Health magazine, EFAs are beneficial during pregnancy, both to the unborn child and mother, providing support during rapid development of new cells.

Technical Points

- Gamma Linolenic Acid and Alpha Linolenic Acid are components of omega-3 fatty acids and are specifically involved in supporting the cardiovascular system.
- Docosahexaenoic Acid and Eicosapentanoic Acid, both from fish oil, provide important support for the heart, eyes and brain.
- Vitamin E, contained in d-alpha, beta, delta and gamma tocopherols, supports the nervous and cardiovascular systems.



DIRECTIONS: Take two (2) softgels daily with 8 oz of fluid.

Serving Size: Two (2) Softgels
Servings Per Container: 30

Supplement Facts

Amount Per Serving	%DV
Calories	15
Calories from Fat	13
Total Fat	1 g 2%
Protein	0.5 g 1%
Vitamin E (as d-alpha, beta, delta and gamma tocopherols)	15 IU 50%
Alpha Linolenic Acid (ALA) (from organic flax seed oil)(<i>Linum usitatissimum</i>)(seed)	275 mg *
Conjugated Linoleic Acid (CLA) (from sunflower seed oil)(<i>Helianthus annuus</i>)(seed)	244 mg *
Gamma Linolenic Acid (from borage seed oil)(<i>Borago officinalis</i>)(seed)	69 mg *
Eicosapentanoic Acid (EPA) (from fish oil)	66 mg *
Docosahexaenoic Acid (DHA) (from fish oil)	44 mg *

* Daily Value (DV) not established
 Other Ingredients: gelatin, glycerin, purified water.

Ordering Information

Item # 28050 - 60 ct/bottle

Item # 28051 - 12 for the price of 11