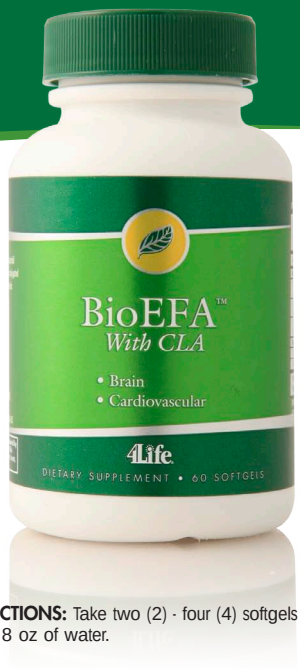
BioEFA™ with CLA

Essential Fatty Acids



- Utilizes EFAs from a variety of sources
- Benefits several body systems including the cardiovascular and nervous systems
- Now contains more than four times the fish oil

What is BioEFA with CLA?

BioEFA with CLA 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. Recently reformulated, this well-rounded blend of essential fatty acids (EFAs) now contains more than four times the fish oil (1,000 mg) per serving!

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."

PRIMARY SUPPORT:
Brain
Cardiovascular

SECONDARY SUPPORT:
Weight Management
Wellness

Key Features

- EFAs provide benefits to the cardiovascular and nervous systems and offer support for healthy skin, respiratory function, and proper immune response.
- BioEFA utilizes EFAs from a variety of sources to help ensure a well-rounded product including DHA and EPA from fish oil.
- 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 safflower oil, and together with borage seed oil and flaxseed oil, aids the beneficial nutritional support of EFAs.
- GLA (Gamma Linolenic acid) is an omega-6 fatty acid and ALA (Alpha Linolenic acid) is an omega-3 fatty acid. Both provide support for the cardiovascular system.

DIRECTIONS: Take two (2) - four (4) softgels daily with 8 oz of water.

Supplement Facts

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

Amount Per Serving		%DV*
Fish Oil Blend	**1000 mg**	†
containing 300mg EPA and 200mg DHA		
Plant Oil Blend	**570 mg**	†
Flax (*Linum usitatissimum*) seed oil		
55% Alpha Linolenic Acid (ALA)		
Borage (*Boraga officinalis*) seed oil		
23% Gamma Linolenic Acid (GLA)		
Safflower (*Carthamus tinctorius*) seed oil		
70% Conjugated Linoleic Acid (CLA)		

*Daily Value
†Daily Value not established

Other Ingredients: Gelatin, glycerin, purified water, and mixed tocopherols. Ko

Ordering Information

Item # 28095 - 60 ct/bottle
Item # 28096 - 12 for the price of 11

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TOGETHER, BUILDING PEOPLE®

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.Product information is approved for use in the United States only.

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What Does It Take to Get the Same Level of EFA's In Your Diet?[2]

To get the same levels of daily fish oils (DHA and EPA) found in BioEFA with CLA you would have to consume either:

- 24 oz. (4 cans) of yellowfin tuna (cooked, dry heat)
- 21 oz. (4 fillets) of tilapia (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. (1 fillet) of pink salmon (cooked, dry heat)

To get the same levels of daily plant oils (CLA, GLA, and ALA) found in BioEFA with CLA you would have to consume either:

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

Why Do We Need EFAs?

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, specifically 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.

Did You Know?

BioEFA with CLA 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.

A recent government sponsored study of fish oil research, prepared by Tufts-New England Medical Center, concluded that a consistent, beneficial effect of omega-3 fatty acids is reduced triglyceride levels, a heart disease risk factor.[3]

In addition the 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."

[1] *Frequently Asked Questions About "Better" Fats*
http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Frequently-Asked-Questions-About-Better-Fats_UCM_305985_Article.jsp
[2] U.S. Department of Agriculture, Agricultural Research Service. 2010. USDA National Nutrient Database for Standard Reference, Release 23. Nutrient Data Laboratory Home Page, http://www.ars.usda.gov/ba/bhnrc/ndl
[3] Effects of Omega-3 Fatty Acids on Cardiovascular Risk Factors and Intermediate Markers of Cardiovascular Disease, Evid Rep Technol Asses (Summ). 2004 Mar;(93):1-6.

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