



EFA Oil Blend (8 oz)



EFA Oil Blend contains the ideal ratios of GLA, Omega 3,6, and 9 essential fatty acids to support immune system health, nervous system and kidney function. More Benefits below:

EFA Oil Blend - In this era of fat phobia, it may be hard to believe there are good fats. These good fats are called essential fatty acids (EFA) because they are essential for life. You must get them from your diet since the body cannot manufacture them. EFA deficiencies affect approximately 80% of Americans resulting in a myriad of health problems. No other oil blend available today can match the quality of **EFA Oil Blend**. It is the result of careful measurement of the fatty acids needed to balance the typical American's toxic diet. **EFA Oil Blend** contains the finest oils selected from all over the world that provide an ideal ratio of Gamma Linolenic Acid (GLA), linoleic acid and Omega 3, 6 and 9 fatty acids. They are unrefined and cold-pressed, processed without solvents or chemicals, 100% free of hexane and pesticide residues.

ABOUT GLA AND WEIGHT LOSS: One of a number reasons people will regain weight is a lack of Gamma Linolenic Acid (GLA). GLA is responsible for resetting the number of fat cells to be produced as the body is changing from the weight loss. For example, when a person loses weight, their body is supposed to produce less fat cells to maintain the new reduced weight. However, when the body is deficient in GLA it cannot reset a new number, so to speak, so the body keeps producing fat cells at the rate and quantity when the body was overweight. Given time, the person will regain their weight. If GLA is sufficient at the onset of losing weight or when taking GLA, as in consuming EFA Oil Blend, when losing weight, the GLA will assist the body in resetting the fat cell production to match the new weight loss; thus, helping the body maintain the newly reduced weight.

Essential Fatty Acids (EFAs) are critical for:

- The Nervous System
- A Natural Pain Killer
- Brain Development
- Maintaining Brain Function
- Kidney Health
- Liver Health
- Manufacturing Steroid And Sex Hormones
- Healthy Blood Pressure
- Heart Health
- Joint Lubrication
- Skin And Hair
- Healthy Digestion

EFA Deficiencies can lead to:

- Declined Brain Function
- Neurodegenerative Diseases
- Dhd In Children And Adults
- More sensitive to pain
- Fatigue
- Depression
- Digestive Issues
- Gallstones
- Poor Kidney Performance
- Joint Diseases
- Poor Eye Health
- Skin Disease
- Weak Immune Function

EFA Oil Blend's gourmet flavor makes it a superb addition to many dishes. Add it to steamed veggies, and rice, bean or grain dishes.

Ingredients:

1/2 teaspoon contains:

Unrefined olive oil

Unrefined flaxseed oil

Unrefined English borage oil

Unrefined sesame seed oil

Beeswax (emulsifying fatty acid esters)

d-alpha tocopherol (vitamin E) – because of the whole food Vitamin E in the above foods, they balance this isolated layer of Vitamin E, thus assisting in its metabolism.

Ingredient Amounts:

Calories 25

Saturated fat 0g

Monounsaturated fat 1.5g

Polyunsaturated fat 0.5g

Dietary Fiber 0g

Fatty Acid Content:

Omega 3 (Linolenic Acid) 330mg

Omega 6 (Linoleic Acid) 133mg

Omega 9 (Oleic Acid) 1,222mg

Gamma Linolenic Acid (GLA) 42mg

Vitamin E (d-alpha tocopherol) 69 IU

Daily Dietary Recommended Use:

Adults or children age 1 and up: Take or use 2-3 teaspoons or more daily. Excellent for salad dressings, stir into mashed potatoes, pour on top of cooked veggies, and other creative uses.

ADVANCED CLINICAL NUTRITION

DR. DONNA F. SMITH

TO ORDER, CALL (940) 761-4045

Services@AdvancedClinicalNutrition.com

www.AdvancedClinicalNutrition.com