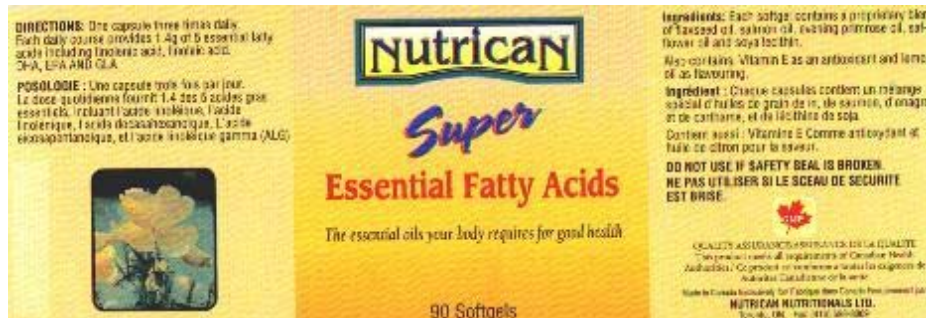




Nutrican Nutritionals Ltd.

Quality Canadian Nutritionals, Skin Care, and Innovation

SUPER EFA



What is it?

SUPER EFA is a special and proprietary blend of Omega-3, Omega-6, Omega-9, DHA, EPA, and GLA Essential Fatty Acids.

How does it function?

Two essential fats that cannot be produced by our bodies and must be obtained from food sources are Omega-3 and Omega-6. They are important for healthy brain and immune system development, healthy skin, and efficient digestion at the cellular level. They also support glandular and organ functions, as well as keep our joints flexible and bones strong.

SUPER EFA provides Omega-3 (*alpha-linolenic acid*) and Omega-6 (*alpha-linoleic acid*) fatty acids from both marine and plant sources which also helps the body produce a vitally important class of hormones called "*prostaglandins*". These hormone-like molecules help regulate inflammation, fluid balance, blood pressure, heart function, gastrointestinal function and secretion, kidney function, blood clotting, platelet aggregation, allergic response, etc ..



Did you know that your brain is also 60% fat? It has been well researched that the type and quality of fats and oils you eat have a profound effect on your brain. Docosahexaenoic Acid (DHA) and Eicosapentaenoic Acid (EPA) are rapidly incorporated into lipids of the brain and retina. DHA and EPA are essential for healthy growth and brain function in growing children and adults. EPA also decreases LDL or "*bad*" cholesterol, induces fat tolerance, and increases fibrinolysis.

Gamma-linoleic Acid (GLA) from Evening Primrose sources have been studied and has demonstrated to be beneficial in the treatment of certain diabetic diseases, inflammatory disorders, and symptoms associated with premenstrual syndrome.

Soya Lecithin provides vital building materials for healthy cell membranes. It also contains Medium Chain Triglycerides (MCTs) which are easy to digest and assimilate, and are an important source of energy without increasing fat deposition.

Vitamin E is added to improve shelf-life and to act as an antioxidant and Lemon Oil is added so that the after-taste associated with the ingestion of essential oils is unnoticeable.

Dosage

Super EFA have been encapsulated in a softgel format designed for easier digestion and uptake. Take one softgel three times daily.

Ingredients

Evening Primrose Oil	primary source of GLA for hormonal balance and maintenance of blood cholesterol levels
Flaxseed Oil	rich in linoleic acid for fat and cholesterol maintenance. Also provides hormonal balance
Lemon Oil	lemon flavouring deals with the taste issue and provides a source for Vitamin C
Salmon Oil	provides Omega-3, EPA (eicosapentaenoic acid), and DHA (docosahexaenoic acid)
Soya Lecithin	a powerful phospholipid with choline that is beneficial for neurological function
Vegetable Oil	a medicinal oil providing a high source of Gamma-linolenic Acid (GLA)
Vitamin E	powerful antioxidant and preservative

Safety, Interactions/Contraindications

- People with allergic reactions to Flaxseed should not take SUPER EFA.
- Do not exceed the recommended dose. Larger doses can cause nausea or diarrhea.



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