The Essential Choice

ESSENTIAL FATTY ACIDS

FISH OILS • EPA • DHA • GLA • FLAXSEED OIL

*This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

In a nutshell, these are the benefits of Solgar’s extensive selection of essential fatty acid (EFA) supplements. With formulas tailored to everyone’s preferences, you’ll find the right supplement to complement your eating habits, health, and lifestyle.

Who Should Consider Taking EFAs?

• Those who want to enhance the health of the heart and overall cardiovascular system*
• Those who want to naturally and positively support immune health*

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What Are Essential Fatty Acids?

**EFAs are the healthy dietary fats.**

Technically known as fatty acids, the omega-3s and omega-6s have long been recognized as the heart-healthy polyunsaturated fats (PUFAs).* They play crucial roles in the entire cardiovascular system, as well as in immunity.* They are nutritionally essential because our bodies cannot make them and must be obtained from dietary sources.

For a variety of reasons, many people do not obtain adequate amounts of high-quality omega-3s or omega-6s. The widespread consumption of processed foods – e.g., fast foods and other convenience foods – has upset the traditional dietary balance of omega-3s and omega-6s. Some researchers estimate that low-quality omega-6s now dominate omega-3s by more than a 16-to-1 ratio in the contemporary diet.¹

Furthermore, trans fats, found in hydrogenated oils, interfere with how the body normally uses omega-3s and omega-6s. For metabolic reasons, the omega-3s suffer the most – and supplementation is often justified.

You can help restore a more optimal balance of EFAs by regularly eating cold-water fish or taking fish oil supplements. Indeed, the American Heart Association recommends diets rich in omega-3 PUFAs – and that supplementation with omega-3 fish oils can be an option for certain individuals.²

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The Omega-3 Family

Scientific and medical research on omega-3s has been exhaustive, with many medical and scientific studies published on them in just the past 15 years.

You can think of the omega-3 family as a series of steppingstones, with one compound serving as the precursor for the next. The “parent” molecule, alpha-linolenic acid, functions as the fundamental source of much more potent omega-3s. Alpha-linolenic acid is found in flaxseed oil.

Most people do not efficiently convert alpha-linolenic acid to the more biologically active members of the omega-3s, while others want their omega-3s to work faster. For these people, fish oil supplements may be the ideal solution.

Fish oils contain the most biologically active omega-3s, specifically eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), and certain species of algae provide a rich source of vegetarian DHA.

EPA and DHA leapfrog several metabolic steps, so they quickly yield health benefits.* EPA forms the hormone-like prostaglandin 3 series of compounds, which have circulatory and other heart-healthy benefits.* Meanwhile, the body converts DHA to resolvins and protectins, which also have beneficial properties.*

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Omega-3 Science

With well-documented and multifaceted effects on health, the omega-3s are true nutritional multitaskers.*

Omega-3s and Cardiovascular Health
In a scientific position paper, the American Heart Association highlighted several ways omega-3 fish oils may support heart health.* Through their role as precursors to prostaglandins and thromboxanes, the omega-3s support circulation, help regulate normal heart rhythm, and help maintain triglyceride levels already within a normal range.*2,4,5

Omega-3s and Prostaglandins
EPA serves as a precursor to prostaglandin E3, a natural substance that reduces the activity of arachidonic acid and prostaglandin E2.*6 In addition, both EPA and DHA are building blocks of protectins and resolvins, two other families of natural modulating compounds.

Omega-3s and Aging
In certain individuals, EPA and DHA may help maintain the length of telomeres, the protective tips of chromosomes.* Scientists believe that telomere length is a marker of biological aging.7

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Omega-6 Science

The omega-6 fats serve as the building blocks of prostaglandins.

Gamma-linolenic acid (GLA) functions as the arbiter of the omega-6 prostaglandin E1. The body converts GLA to dihomogamma-linolenic acid, the key building block of prostaglandin E1.

GLA
GLA and its byproducts promote healthy levels of immune factors, such as interleukin-1 beta and some types of T cells.*8-10 As a building block of prostaglandin E1, it may help support joints.*11-13

EFA Complementary Effects
No nutrient functions in isolation, and EPA, DHA, and GLA have complementary effects. They help regulate the body’s immune system and support the activity of prostaglandins E1 and E3.*
What’s So Special about Solgar® EFAs?

For more than 65 years, quality has been Solgar’s guiding principle.

Everything we do – from choosing the finest natural raw materials, to state-of-the-art manufacturing, to the premium product that appears on the shelf – must meet our Gold Standard™ of excellence.

With Solgar’s extensive selection of EFA supplements, you’re sure to find a formula that complements your eating habits, health, and lifestyle.

This Broad Range Includes:

- Various potencies of EPA- and DHA-rich fish oils, including an easy-to-swallow/chewable softgel
- Vegetarian DHA derived from algae
- Vegan, organic liquid flaxseed oil processed at cold temperatures and without solvents
- GLA from evening primrose seed and borage seed oils
- Combination formulas that supply omega-3s, omega-6s, and GLA

For more information about Solgar® EFA products, please visit www.solgar.com.

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REFERENCES: