



# EFA's

It is common today to consume foods that are low or even completely deficient in essential fatty acids. The over-processing of food allows the it to have a longer shelf life but as a result, the make up of fatty acids in food has lost much of its nutritional value and balance. Hydrogenated oils have become commonplace in today's food market. These oils do not provide the same nutritional benefits as natural oils (fish oils, olive oil, oils found in butter, etc.). These highly processed hydrogenated oils play a role in the current lack of proper health and nutrition today.

## The Need to Supplement

Omega-6 and Omega-3 fatty acids are classified as "essential" because every living cell needs them for proper function and our bodies cannot produce them on their own.

While primitive man lived on roughly equal amounts of Omega-6 and Omega-3, the dietary ratio for modern man is nearly 20 parts Omega-6 to 1 part Omega-3.

Essential Fatty Acids have slowly become more and more deficient in our diets. Although the increase in food preservation technology has contributed to the recent surge in EFA deficiency, it was first made known over 75 years ago. As more studies on the impact of EFA deficiencies are conducted, subtle effects of fatty acids in terms of skin changes, & visual function are only just being discovered.

## Health Benefits of EFA's

### EFA's and Heart Health

Research is finding that EFA's in fish oils have a supportive effect on cardiovascular health. The evidence of the power of omega-3s to help heart health is so compelling that the American Heart Association recently revised its food guidelines to include omega-3s. The full dietary guidelines may be viewed at the American Heart Association's website, <http://www.americanheart.org/>.

### Brain and Nerve Function Associated with EFA's

The human brain is primarily made up of Essential Fatty Acids. These EFA's are required for the development and function of brain and nerve tissue, particularly the omega 3s.

### Benefits of EFA's for Hormones

EFA's are vital in keeping hormone-producing (endocrine) glands active in the body. The endocrine glands secrete hormones that circulate within the body through the bloodstream. The hormones secreted affect cells within specific organs. The endocrine glands are instrumental in regulating one's mood, growth and development, tissue function, and metabolism. Some examples of endocrine glands are the pituitary, thyroid, and adrenal glands.

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## Roex® EFAs

### Includes Omega-9

Roex® EFAs are a blend of 5 different oils including the ideal ratio of 1:1:1 parts Omega 3, 6 and 9. Omega-9 fatty acids are not classified as essential fatty acids because they can be created by the human body from unsaturated fat and are therefore intake is not essential.

### Quality Ingredients

Roex® EFAs contain the highest quality ingredients available, including marine lipid concentrate, unrefined storage oil, and organic flax seed oil. Roex® EFAs are molecularly distilled to ensure the purity and quality of the oils (properly blended from naturally grown plants and high quality fish oil).

### Proper Manufacturing Processes

Dark black bottles are used for Roex® EFAs in order to shield the product from light. The raw materials are enclosed in carob capsules to protect the EFAs from heat and oxygen.

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EFAs		
<b>Supplement Facts</b>		
Serving Size: (2 Softgels)		
Servings per Container 60		
	Amount Per Serving	% DV
Calories	25	*
Calories from Fat	23	*
Total Fat	2.4 gm	4%
Saturated Fat	0.2 gm	1%
Polyunsaturated Fat	1.7 gm	*
Monounsaturated Fat	0.5 gm	*
Omega-3 Fatty Acids (as Flaxseed Oil, Borage Oil and Marine Lipid Concentrate)	660 mg	*
Omega-6 Fatty Acids (as Flaxseed Oil, Borage Oil and Marine Lipid Concentrate)	480 mg	*
Omega-9 Fatty Acids (as Flaxseed Oil, Borage Oil and Marine Lipid Concentrate)	320 mg	*
*Daily Values not Established		

Directions: As a dietary supplement, take two (2) capsules, two times a day.

Other Ingredients: Gelatin, glycerin, carob extract, purified water and d-alpha tocopherol.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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