

Get Your EFAs



And go the Distance.

EFA+ is a multipurpose formulation designed to provide the full gamut of all the essential fatty acids that are so important to optimizing your metabolism, maximizing the anabolic and fat-burning effects of exercise and dealing with minor muscle ache after exercise.*

The formulation acts to increase fatty acid oxidation, improve the body's natural insulin sensitivity, maintain cholesterol levels that are already within the normal range and support normal cardiovascular, nervous system function, and immune system function.*



www.metabolicdiet.com

The many benefits of EFA+ include:

1. **Effects on body composition – improved metabolism, enhanced weight and fat loss and retention of muscle mass.**
2. **Increased insulin sensitivity.**
3. **Decreased inflammation in the body thus providing cardiovascular, neuromuscular and hormonal (including testosterone and growth hormone) health benefits.**
4. **Improved serum lipid (cholesterol, triglycerides) profile including cholesterol levels.**
5. **Improved immune system functioning.**
6. **Improved mental health.**
7. **Anti-aging effects.**

As far as the essential fatty acids, EFA+ consists largely of the omega 3 family of essential fatty acids, so as to even out the omega 6/omega 3 ratio to one that is closer to the ratio that man has consumed for most of his existence. Bringing the ratio into line enhances cellular function, decreases inflammation, and improves body composition, health and well-being.

EFA+ contains pharmaceutical grade fish oil with higher levels of EPA and DHA. It's important to include these longer carbon chain omega 3s for two reasons. First of all as first of all the formation of EPA and DHA from ALA is limited and secondly while fish is one method of getting these oils, most sources recommend that fish consumption be limited to two to three servings weekly because so many fish are tainted with mercury, PCBs and other contaminants.

High-quality, purified fish oil, as found in EFA+ are contaminant free and present a viable alternative to frequent consumption of fish.



EFA+ and Dieting

Essential fatty acids can be beneficial even if a deficiency doesn't exist and, if used properly, can increase overall health, help you avoid heart disease and lose body fat.

LNA, EPA, and DHA enhance lipolysis (body fat breakdown) and decrease lipogenesis (body fat formation). The combined breakdown of stored body fat and decrease in additional body fat can have very positive results for the dieter. You actually end up making less and breaking down more body fat when using these oils.

And EFA+ is even more effective in helping you to get rid of excess body fat when it's used along with my Anabolic, Metabolic and Radical Diets, in which you take in lower amounts of carbs and higher amounts of fats than most diets.

The omega-3s can provide an excellent hedge against worries about cholesterol. For example marine oils are a big part of the diets of Eskimo tribes, yet they've been found to be almost immune to cardiovascular problems. Studies have centered on omega-3 fatty acids in the fish oils and their cardioprotective capacities as being central to this phenomenon.

Since fat-free mass, and particularly muscle mass, is the main determinant of energy expenditure, the possibility of increasing muscle mass is an important consideration. That's where conjugated linoleic acid (CLA), another key EFA+ ingredient, comes in. CLA has been shown to reduce body fat and to increase lean body mass. As well, CLA seems to have significant effects on weight regain, as it reduces fat uptake into adipocytes by decreasing the formation of fat.

EFA+ and Mental Health

While it's generally known that EFAs are good for the cardiovascular system and for arthritis, it's not as well known the EFAs can affect mental health. In fact, a deficiency in EFAs or too little omega 3 fatty acids can lead to decreased mental health, depression and even aggressive tendencies.

EFAs have been shown to assist in treating depression and other mental health conditions. Low levels of omega-3 EFAs are common in depression. Studies have found that treatment with 1 g/d of **EPA** improved outcomes in patients with persistent depression. As well, EPA may prove an effective add-on treatment in schizophrenia.

The ingredients in EFA+ enhance the antidepressant and anti-schizophrenic effect of EFAs on brain function. For example, **choline** is a precursor to the cell-membrane component **phosphatidylcholine** and to the neurotransmitter **acetylcholine**. Both, plus **phosphatidylserine** and **serine** have been found to enhance certain aspects of cognition and decrease stress.

EFA+: A great way to get EFAs and then some

The bottom line is that EFA+ is a multi-purpose formulation designed to provide the full gamut of all the essential fatty acids and supporting ingredients that are so important in optimizing your metabolism, enhancing weight loss, body composition, and the anabolic and fat burning effects of exercise, boosting your immune system and decreasing counter productive inflammation in the body secondary to exercise, aging and various diseases.

EFA+ Nutritional Panel

Supplement Facts:		Serving Size: 4 Softgels		
		Servings Per Container: 30		
	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	18		Glutathione (Reduced)	100 mg *
Calories From Fat	18		Alpha Lipoic Acid	150 mg *
Total Fat	2 g	1.5%	GLA (Gamma Linoleic Acid)	300 mg *
Saturated Fat	0 g	0%	• (Borage Oil Extract)	
Cholesterol	0 mg	0%	Flaxseed Oil	1000 mg *
			Conjugated Linoleic CLA	150 mg *
Vitamin A (as Retinyl Palmitate)	2,000 IU	40%	• (CLA Isomers)	
Vitamin C (as Ascorbic Acid)	100 mg	167%	Omega-3 Fish Oil	1000 mg *
Vitamin D (as Cholecalciferol)	100 IU	25%	• EPA (Eicosapentaenoic acid)	330 mg
Vitamin E (as dl-Alpha Tocopheryl Acetate)	100 IU	333%	• DHA (Docosahexaenoic acid)	220 mg
Vitamin B3 (as Niacinamide)	10 mg	50%	EFA+ Proprietary Blend 470 mg	
Vitamin B6 (as Pyridoxine HCL)	10 mg	500%	Choline, Inositol, Methionine, Phosphatidylcholine, Phosphatidylserine,	
Magnesium (as Magnesium Chelate)	100 mg	25%	Policosanol, Serine	
Zinc (as Zinc Monomethionine)	10 mg	67%		
Other Ingredients: Gelatin, Water, Glycerin, Sorbitol, Natural Caramel Color, Titanium Oxide.				
*Daily Value Not Established				