

EFA Formulas

Notes on usage

How do EFA Formulas impact overall health?

This category of formulas is designed to provide the building blocks and necessary components for complete cellular and tissue repair and regeneration to promote the health and integrity of the cell.

General Indications

- Poor diet / limited diet
- pH imbalance
- Mal-nutrition
- Conditions that demand greater nutrition
- Oxidative stress
- Prevention, wellness, anti-aging
- Cardiovascular health (high cholesterol, hypertension, inflammation)
- Auto-immune disorders
- Acute inflammation (injuries, gout, muscle fatigue and recovery)
- Chronic inflammation (arthritis, fibromyalgia, body aches and pains)
- Compromised immune system (cancer, infections, allergies)
- Taken together with Protease IFC they work synergistically for repair of the bodily systems

Dosing

- Small doses taken with an Enzyme Delivery System like LypoZyme are best to avoid excessive consumption.
- All natural where possible—Transformation's EFA's are from fish oil.
- The EFA's in these unique products are known for their anti-inflammatory properties and ability to reduce fibrin in the blood stream.
- The recommended usage listed on the bottles is maintenance dosage. For therapeutic dosage, more may be taken based on need.

ESSENTIAL FATTY ACIDS Transformation's omega 3 fatty acid product

These essential fatty acids are from fish oil concentrate and are a good source of DHA and EPA omega 3's known for their many health benefits. They should be considered as a staple of any wellness protocol.

Product Highlights

- Highly purified fish oils sourced from sardine and anchovy for additional provision of DPA and lower mercury content
- Provides an EPA/DHA ratio of 1.5:1 with superior omega 3 levels to offset the standard American diet
- Non-vegetarian gelatin softgels for improved lipid transport

SUPPLEMENT FACTS		
Serving Size 1 Softgel		
	Amount Per Serving	% Daily Value
Calories	13	
Calories from Fat	11	
Total Fat	1 g	1%**
Fish Oil Concentrate	1.2 g	†
Eicosapentaenoic Acid (EPA)	360 mg	†
Docosahexaenoic Acid (DHA)	240 mg	†

** Percent Daily Values based on 2,000 calorie diet
† Daily Value not established

Other Ingredients: Gelatin, Glycerin, Purified Water, Mixed Tocopherols (to maintain freshness)

Clinical Applications

- Cardiovascular health (high cholesterol, hypertension, inflammation)
- Immune support
- Cellular health and fluidity
- Inflammatory conditions
- Allergies
- Vision health
- Skin disorders
- Hormone imbalances
- Pregnancy and Nursing
- Neurological disorders
- Prevention and wellness

For Your Information

- A 1:1 ratio of omega 3 to 6 is recommended to help reduce inflammation and support cellular health.
- The fish used in this product come from Canada, Norway, and Peru. There is a predominance of anchovies in those regions which is the main species used. Sardines would be second, and very little mackerel if any.
- Manufacturing steps are in place to prevent oxidation
- Highly purified fish oil, < 0.1 ppm for lead, mercury, and cadmium
- Contains no enzymes and absorbed best with food and a high lipase digestive formula (e.g., Digest, LypoZyme, or Lypo)

Dosage

- Maintenance: 2 softgels daily with meals
- Therapeutic: 1 softgel 3 x day with meals

