



OMEGAFACTORS® ULTIMATE 3•6•9

Supports cognitive and cardiovascular health

ESSENTIAL FATTY ACIDS, ESSENTIAL FOR HEALTH

Essential fatty acids (EFAs) are healthy fats needed to build and repair cells, and to produce chemical messengers called prostaglandins. They have been shown to play an important role in the development and functioning of the nervous system, and in cardiovascular health.

They are called “essential” because it is important to consume them in your diet since they are critical to health, but cannot be produced by the body. If the body does not have sufficient EFAs, a variety of chronic health problems can develop and interfere with quality of life. An EFA supplement is as important as a good multivitamin for preventing disease and maintaining optimal health, and should be part of a daily routine.

Omega-3 and omega-6 are the two main families of EFAs. The important forms of omega-3 are alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA). The body can convert a portion of ALA to EPA and DHA, but this process is impaired in some people. Therefore, it may not be sufficient to only obtain omega-3s from flax or other plant oils, since they may be high in ALA, but contain no EPA or DHA. By consuming fish oils as well, which are high in EPA and DHA, these nutrients can be obtained directly. The important form of omega-6 is gamma-linolenic acid (GLA). Linoleic acid (LA) is another omega-6 fatty acid found in many seed and nut oils. While LA is essential for many body functions, it is also used by the body to manufacture GLA. However, various nutritional, environmental, and metabolic factors can interfere with or prevent the conversion of LA to GLA. Omega-9 fatty acids such as oleic acid (OA) are not considered essential because they can be made by the body, but they still play an important role in cardiovascular health. Natural Factors OmegaFactors Ultimate 3-6-9 provides a balanced blend of these omega-3, -6, and -9 EFAs, sourced from the highest quality oils.

HOW EFAs WORK

Omega-3 and omega-6 EFAs are converted by the body into eicosanoids (hormones) such as prostaglandins, leukotrienes and thromboxanes. Because omega-3s and omega-6s compete for the same metabolic enzymes, it is important for the body to receive a balanced ratio of these two nutrients. Healthy ratios of omega-6 to omega-3 should be in the range of 1:1 to 4:1 respectively. However, typical modern diets can be drastically out of balance, providing

ratios from 10:1 up to 30:1. This imbalance, which can lead to excessive blood clotting and inflammatory health conditions, is due to our consumption of oils that are high in LA, and excessive amounts of unhealthy trans fats. What makes them unhealthy is over-processing during the manufacturing stages. Supplementing daily with a balanced EFA blend will provide your body with the proper ratios – and sources – of omega-3, -6, and -9 EFAs needed for maintenance.

PURE, BALANCED EFA OILS

OmegaFactors Ultimate 3-6-9 provides 400 mg each of flaxseed oil, borage oil, and wild fish oil blend per softgel. The wild fish oil, from anchovies and sardines, provides 120 mg of EPA and 80 mg of DHA. Anchovies and sardines were chosen because they are high in EFAs and extremely low in contaminants such as mercury. The fish oil is molecularly distilled and ultra purified, meeting or exceeding the industry's highest safety standards. The certified organic high-lignan flaxseed oil contains close to 60% ALA, yielding a minimum of 200 mg of ALA. It also contains 60 mg of OA, and naturally-occurring lignans, which are phytonutrients with many health benefits. Seeds of the borage plant (*Borago officinalis*) contain about 22% GLA, the highest of any oilseed plant. Each softgel provides a minimum of 75 mg of GLA. The borage oil also provides 55 mg of OA. To prevent oxidation, vitamin E is added as a natural preservative.

THE MANY BENEFITS OF OMEGAFACTORS ULTIMATE 3-6-9

- Supports brain and eye development
- Supports learning, behaviour and mood
- Lowers triglyceride and cholesterol levels
- Normalizes the inflammatory response
- Maintains healthy skin
- Improves immune function and reduces the risk of cancer

SHARPENS COGNITIVE FUNCTION

An increasing number of cognitive dysfunction diseases and associated mental health disorders have been linked to dietary deficiencies of EPA and DHA. This includes depression, bipolar disorder, Alzheimer's, dementia, aggression, schizophrenia, and behavioural and learning disorders, including dyslexia, attention deficit disorder (ADD), and attention deficit hyperactivity disorder (ADHD). Research shows DHA supplementation can alleviate mental disorder

ders, including bipolar disorder, depression, dementia, and schizophrenia (Peet). Omega-3s can be used as adjunctive therapy in treatment-resistant depression, and high doses may be as effective as antidepressant drug therapy.

PROMOTES HEALTHY CARDIOVASCULAR FUNCTION

Omega-3s are now commonly recommended for patients with a history of heart disease because they have several beneficial effects on the cardiovascular system. They can reduce blood pressure, triglyceride levels, cholesterol levels, platelet aggregation, arrhythmia and arterial plaque formation (Saremi).

For heart attack patients, omega-3s can be a life-saver. A clinical trial in Italy involved 11,324 heart attack patients. They were given a supplement of 1,000 mg per day of omega-3s. Within three months the researchers observed that the incidence of sudden cardiac death was reduced by 45% and the total death rate from all causes fell by 20% (Marchioli). Other researchers found that consuming omega-3s significantly reduced coronary mortality for people with no history of cardiovascular disease (Saremi).

A controlled, five-year clinical trial followed 18,000 patients with unhealthy levels of cholesterol. Those who were given 1,800 mg per day of supplementary EPA had superior cardiovascular function and significantly-reduced incidence of non-fatal cardiac events (Yokoyama).

IMPROVES INFLAMMATION AND RHEUMATOID ARTHRITIS

Recently, epidemiological studies and placebo-controlled clinical trials have tested fish oil in several inflammatory and autoimmune diseases, including rheumatoid arthritis, Crohn's disease, lupus, ulcerative colitis, psoriasis and multiple sclerosis. These studies showed fish oils produced significant benefits, including decreased disease activity and lowered use of anti-inflammatory drugs (Simopoulos).

A meta-analysis of 17 randomized, controlled trials assessed the pain-

relieving effects of omega-3s in patients with rheumatoid arthritis or joint pain due to inflammatory conditions. After supplementation for three to four months, patients experienced reduced intensity of joint pain, shortening of the period of morning stiffness, reduced number of sore joints, and reduced use of NSAID drugs (Goldberg).

PROMOTES HEALTHY SKIN

A double-blind, randomized European study examined 83 patients hospitalized for chronic psoriasis. During the 14-day trial, patients received either omega-3 EPA and DHA or omega-6 supplements. Of the patients receiving omega-3s, 37% experienced a reduction of 50% or more in the size and severity of their lesions. For the omega-6 group, 23% experienced a similar 50% or more reduction of symptoms (Mayer).

A meta-analysis of 26 clinical studies involving 1,207 patients with eczema found that GLA had a beneficial effect. Itching, crusting, swelling and redness were all reduced after four to eight weeks of supplementation (Morse).

A randomized, double-blind, controlled trial found that supplementing with 5.4 g of DHA daily produced a significant clinical improvement in eczema symptoms, as measured with a standardized test (Koch).

DOSAGE

3 softgels, twice daily or as directed by a health care practitioner.

SAFETY

Pregnancy and lactation: EFAs free from mercury and other contaminants are considered safe during pregnancy and lactation.

Children: Suitable for children at one-quarter to one-half the adult dose.

Drug interactions: EFAs may increase the blood thinning and antiplatelet effects of certain medications. Individuals taking anticoagulant or blood thinning medications such as Warfarin, acetylsalicylic acid (ASA), and Clopidogrel should consult their health care practitioner. Diabetics should also consult their health care practitioner as they may experience better blood

sugar control that gradually reduces their insulin requirement.

Contraindications: Due to the blood thinning effects of EFAs, individuals undergoing surgery should discontinue supplementation one week before surgery, and resume upon the recommendation of their health care practitioner.

Daily consumption of omega-3 and omega-6 EFAs is essential for the health of the joints, skin, heart, and nervous system, and for preventing a variety of chronic health problems. A balanced omega-3, -6, -9 supplement is as important as a good multivitamin for preventing disease and maintaining optimal health.

KEY REFERENCES

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