

# Optimal EFAs® for Optimal Health

Ask your healthcare professional today if  
Optimal EFAs® are right for you!



Optimal EFAs® Caps is available in a 120-count bottle (#1407).

## Supplement Facts

Serving Size: 2 Softgel Capsules

Servings Per Container: 60

	Amount Per Serving	% Daily Value
Calories	20	
Calories from Fat	20	
Total Fat	2 g	3%†
Saturated Fat	0 g	0%†
Cholesterol	5 mg	2%
Proprietary Blend	2 g	
Flax Seed oil	*	
Borage oil	*	
Fish oil	*	

Each serving of Optimal EFAs® Caps provides:  
ALA (Alpha-Linolenic acid) ..... 380 mg  
EPA (Eicosapentaenoic acid) ..... 205 mg  
DHA (Docosahexaenoic acid) ..... 154 mg  
GLA (Gamma-Linolenic acid) ..... 152 mg  
Oleic acid ..... 200 mg

This product is gluten and dairy free.

**RECOMMENDATION:** Two (2) softgel capsules two (2) times each day as a dietary supplement or as otherwise directed by a healthcare professional.

**CAUTION:** Not recommended for pregnant women.

† Percent Daily Values based on a 2,000 calorie diet

\* Daily Value not established

Other ingredients: Capsule shell (gelatin, glycerin, water and carob), mixed tocopherols, ascorbyl palmitate and rosemary extract.

Contains ingredients derived from anchovy.

Product # 1407 Rev. 07/18

These statements have not been evaluated by the Food and Drug Administration.  
These products are not intended to diagnose, treat, cure, or prevent any disease.



For more information, contact our  
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# Optimal EFAs®

ESSENTIAL FATTY ACIDS  
BALANCED FOR YOUR HEALTH



# Why Optimal EFAs®?



Fatty acid imbalances are common in societies like ours that consume an abundance of processed foods (high in artificial ingredients), hydrogenated (trans) fats, and have an over-reliance on grains. Essential fatty acid (EFA) deficits generally occur in combination; therefore, supplementation with a balanced combination of EFAs makes logical sense.

**Optimal EFAs®** supplies a unique balance of omega-3, -6, and -9 fatty acids by using the highest quality fish, flaxseed, and borage oils. Each capsule provides optimal ratios of alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA), and gamma linolenic acid (GLA), along with oleic fatty acids.

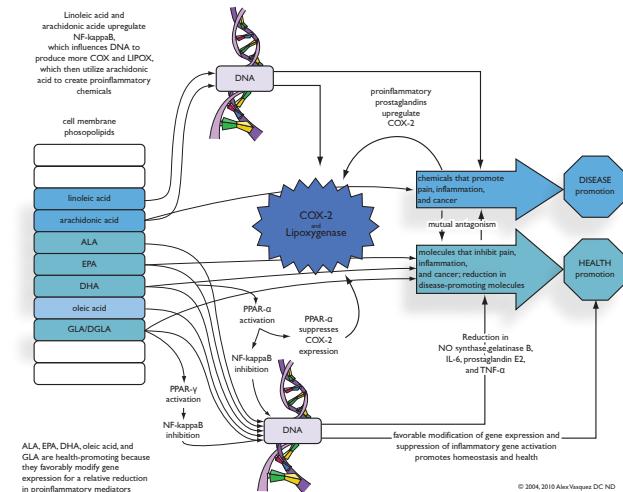
Fish oils are a rich source of the long-chain polyunsaturated omega-3 fatty acids, EPA and DHA. DHA is a vital component of cell membranes, and is especially important for optimal functioning of the brain and eyes. Both EPA and DHA are important for maintaining healthy blood lipids and inhibiting the conversion of arachidonic acid (a fatty acid associated with cancer and heart disease) into pro-inflammatory chemicals (such as prostaglandins and leukotrienes) that cause pain and inflammation.

Biotics Research Corporation takes pride in periodically reviewing raw material sources to be certain the freshest ingredients comprise our products. We are pleased to announce that *new and improved* **Optimal EFAs®** now contains EPA and DHA sourced from a strategically-placed facility in the far South Pacific Ocean off the coast of Chile, guaranteeing the freshest fish oil available with full traceability and unparalleled purity.

Flaxseed oil is a very rich source of alpha-linolenic acid (ALA), an omega-3 polyunsaturated fatty acid, and oleic acid, the same fatty acid attributed to the heart protecting effects of olive oil. Increased consumption of ALA inhibits the production of pro-inflammatory compounds (such as prostaglandins and cytokines) and inhibits platelet aggregation thus reducing the risk of arterial blockage.

Borage oil is an excellent source of gamma-linolenic acid (GLA), which is considered "the good omega-6 fatty acid."

GLA's main benefits come from its metabolites, which have anti-inflammatory properties and inhibit platelet aggregation. Like flaxseed oil, borage oil is also a source of oleic acid. Oleic acid supports healthy levels of blood glucose and insulin, as well as healthy levels of blood lipids.



The key message to remember is this – Americans generally consume too many omega-6 fats (such as corn oil) high in linoleic and arachidonic acids, and too much hydrogenated "trans" fats, all of which promote inflammation. Additionally, we generally consume too little omega-3s and other fatty acids which are known to be "health-promoting." In addition, EFA deficits generally occur in combination, therefore, supplementation with a balanced combination of EFAs is clinically prudent. Masterfully formulated with noted researcher and author, Dr. Alex Vasquez, DC, ND, DO, and tested for purity using the highest standards in the industry, **Optimal EFAs®** provides ALA, EPA, DHA, GLA, and oleic acid in ideal ratios.