



# LIQUID FORMULAS

Omega and omega-6 polyunsaturated fatty acids (PUFA) are necessary to support optimal health and development. The change of eating patterns of humans from prehistoric times which included a 1:1 ratio of omega-6 to omega-3 polyunsaturated, to a ratio of 25:1, has given rise to a number of chronic diseases in the Western civilization.

The metabolic processes that are involved in the conversion of linoleic acid to Gamma-linolenic acid and arachidonic acid, and alpha-linolenic acid to EPA and DHA involves elongation of the carbon chain through the addition of carbon atoms, and desaturation of the chains to produce double bonds. These processes are catalyzed by enzymes called elongases and desaturases. Since these processes use the same enzymes, it results in metabolic competition between these two classes of fatty acids. The presence of high levels of

omega-6 PUFA in the daily diet may impair the transformation of omega-3 PUFA into the longer-chains metabolites, eicosapentaenoic (EPA), and Docosahexaenoic (DHA) acids. This condition causes an imbalance in the tissue lipids that can be the reason for the metabolic repercussions. In addition, because the endogenous synthesis of the PUFA from their dietary sources is slow and limited, it may fail to satisfy the body's requirement for these fatty acids.

The cell membrane consists of a double phospholipids layer containing both omega-6 and omega-3 PUFA that contribute to the flexibility of biological membranes. The omega-6 and omega-3 PUFA are precursors of the so-called eicosanoids (prostaglandins, thromboxanes, and leukotrienes), which behave as local hormones by acting on cell regulation. Through this process, eicosanoids involve processes like inflammation, immunoregulation, the modulation of synaptic transmission, the regulation of blood flow and ionic transport, the termination of pregnancy, etc. Arachidonic acid (omega-6 fatty acid) is the most prominent eicosanoids precursor. The eicosanoids derived from arachidonic acid are often more active than eicosanoids derived from the other PUFA. Therefore, replacement of arachidonic acid by other PUFA often results in a less active eicosanoids profile, which can have physiological and pathological implications.

This product (K07) can be highly beneficial for those who have a need for omega-3 fatty acids. People that have pain, inflammation, or insulin insensitivity cannot effectively use upper-chain essential fatty acids such as alpha linolenic acid. This product is useful for supporting healthy insulin receptor sensitivity.

## OMEGA Co3™ K07

### Supplement Facts

Serving size one tablespoon  
Servings per container 31

Amount Per Serving	% Daily Value*	
Calories	18	
Calories from fat	18	
Total fat	2 g	3%*
Saturated fat	0.1 g	<1%*
Polyunsaturated fat	1.7 g	†
Cholesterol	6 mg	2%
Vitamin E	6 IU	20%
Niacin	2.5 mg	12%
Vitamin B6	2.5 mg	125%
Calcium (as citrate)	20 mg	2%
Magnesium	10 mg	2%
Zinc	5 mg	33%
Molybdenum	40 mcg	52%
Taurine	75 mg	†
Green Tea extract	20 mg	†
Odorless Garlic extract	25 mg	†
EPA (Eicosapentaenoic Acid)	525 mg	†
DHA (Docosahexaenoic Acid)	260 mg	†
GLA (Gamma Linolenic Acid)	100 mg	†

\*Percentage daily values are based on a 2,000 calorie diet.  
†Daily value not established

**Other Ingredients:** filtered water, fish body oil, evening primrose oil, citric acid, calcium citrate, natural flavors, magnesium citrate, xanthan gum, Lo Han® fruit extract, zinc glycinate, gum tragacanth, potassium sorbate, pyridoxal 5 phosphate, d-alpha tocopherol, nicotinic acid, molybdenum chelate.

## SUPER EFA COMPLEX™ K08

### Supplement Facts

Serving size one tablespoon  
Servings per container 31

Amount Per Serving*	% Daily Value*	
Calories	13	
Calories from fat	13	
Total fat	1.4 g	2%*
Saturated fat	0.15 g	<1%*
Polyunsaturated fat	1.25 g	†
Vitamin E	6 IU	20%
Niacin	2.5 mg	12%
Vitamin B6	2.5 mg	125%
Calcium	20 mg	2%
Magnesium	10 mg	2%
Zinc	5 mg	33%
Molybdenum	40 mcg	52%
Taurine	75 mg	†
Green Tea extract	20 mg	†
Odorless Garlic extract	25 mg	†
GLA (Gamma Linolenic Acid)	10 mg	†
ALA (Alpha Linolenic Acid)	600 mg	†

\*Percentage daily values are based on a 2,000 calorie diet.  
†Daily value not established.

**Other Ingredients:** filtered water, flaxseed oil, citric acid, evening primrose oil, calcium citrate, natural flavors, magnesium citrate, xanthan gum, Lo Han® fruit extract, zinc glycinate, gum tragacanth, potassium sorbate, pyridoxal 5 phosphate, d-alpha tocopherol, nicotinic acid, molybdenum chelate.

Statements in this flyer have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# Formula Info Page

LIQUID  
DIETARY  
SUPPLEMENTS