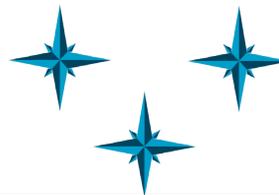


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ESSENTIAL FATTY ACIDS COMPLEX

Why Do We Need Essential Fatty Acids?

Because the human body cannot produce all the fats referred to as “essential fats,” we have to get them from our diet. Only two fatty acids are known to be essential for humans: omega-3 fatty acids called alpha-linolenic acid (ALA) and omega-6 fatty acids called gamma linoleic acid (GLA). Both types are essential to stay healthy. But most people consume too many foods rich in omega-6 fats and not enough foods rich in omega-3 fats. The essential fatty acids in this product provide some of the best sources of plant-based omegas-3 and 6, which are both essential, with an emphasis on omega-3s.

Some of the Top Benefits of ALA and GLA Include Protection Against

- Heart disease • Hardening of the arteries • Inflammation and joint pain • Arthritis
- Allergies • Type 2 diabetes • Fungi and viruses • Certain cancers • Premature aging
- Low immunity • Low energy • Depression • Brain fog • Stress • Obesity • Vision problems

Flax Seed

- Rich in ALA
- Lowers cholesterol
- Reduces tumor growth
- Reduces inflammation in arteries
- Has soluble and insoluble fiber—valuable to help regulate blood sugar

Chia Seed

- High in ALA
- May improve digestive health
- A superfood meaning strength
- High in fiber, protein, antioxidants
- Aztec Indians could live on as a complete food

Borage Leaf

- High in GLA
- A wound healer
- Promotes good skin health
- Fights lung and oral cavity cancers

Pumpkin Seed

- Rich in ALA
- Decreases liver fat
- Improves mood and sleep
- Has magnesium, manganese, iron, copper, zinc
- Promotes skin and bone health along with vision

Black Currant

- Rich in ALA and GLA
- Helps boost fertility
- High in resveratrol to lower cholesterol and blood pressure
- Has delphinium to shrink tumor blood vessels, starving tumor of its food source, thus killing tumors