



— Your Trusted Source —

EFA Essentials

Introduced 2011



What Is It?

EFA Essentials combines an ultra-pure, molecularly distilled triglyceride fish oil with cold-pressed borage oil for comprehensive essential fatty acid support. EPA, DHA and GLA support joint, skin and eye health through a broad range of mechanisms involving cytokine balance, protease activity, immune mediator activity and blood flow.*

Uses For EFA Essentials

Joint Health: While omega-3 fatty acids are utilized for the biosynthesis of prostaglandin E3, the omega-6 fatty acid, GLA, is an important precursor of prostaglandin E1. Together, EPA, DHA and GLA help to balance eicosanoid production in diverse cell types, including chondrocytes in joints. Furthermore, these fatty acids support joint health by maintaining healthy cytokine activity and matrix protease expression.*

Skin Health: The importance of GLA has been underscored by clinical studies with favorable dermatologic outcomes. Research indicates that EPA, DHA and GLA help to balance eicosanoid production in the keratinocytes of the skin. GLA also supports skin elasticity and hydration through promoting peripheral blood flow and nutrient delivery.*

Ocular Health: EPA, DHA and GLA help to balance eicosanoid production in the epithelial cells of the eye. Additionally, clinical research has indicated important roles for fish oil and GLA-rich oils in maintaining healthy moisture retention in the epithelia of the eyes. Large studies have indicated that EPA and DHA support ocular hydration through promoting healthy tear production and tear film osmolarity in normal functioning eyes. GLA provides additional support for ocular health by maintaining inflammatory balance, mucin production and healthy tear film characteristics.*

What Is The Source?

Pure Encapsulations EPA/DHA products are molecularly distilled and microfiltered. They are sourced mainly from sardines and anchovies off the coast of Chile or Norway. They have been tested for contaminants including heavy metals, dioxans and furans, PCBs, peroxides and anisidine. Borage oil is a cold-pressed oil derived from the seed and produced without the use of solvents. The proprietary antioxidant blend is derived from a combination of rosemary extract, mixed tocopherols derived from highly purified soybean oil and ascorbyl palmitate derived from corn dextrose fermentation and palm oil.

Recommendations

Pure Encapsulations recommends 2-4 softgel capsules daily.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Fish oils may cause burping, gastrointestinal upset or indigestion, nausea, diarrhea, or abdominal bloating. It has a mild blood thinning effect and may influence glucose metabolism in some individuals, typically at larger levels. Borage oil may cause bloating, nausea, indigestion or headache in some sensitive individuals. Consult your physician for more information.

Are There Any Potential Drug Interactions?

Fish oil may be contra-indicated with blood thinning medications. Consult your physician for more information.

EFA Essentials

four softgel capsules contain	20 sg
calories	40
calories from fat.....	40
total fat.....	4 g
fish oil concentrate (anchovies, sardines).....	3,828 mg
providing:	
EPA (eicosapentaenoic acid).....	1,140 mg
DHA (docosahexaenoic acid).....	860 mg
other omega-3 fatty acids	260 mg
borage oil (seed) (cold-pressed)	600 mg
providing:	
gamma-linolenic acid (GLA).....	100 mg
other ingredients: natural lemon flavor, proprietary natural antioxidant blend, gelatin capsule (gelatin, glycerin, water)	
2-4 softgel capsules daily.	

*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.