

**Nutrition House, 24 Milber Trading Estate, Newton Abbot, Devon, TQ12 4SG. UK**  
**Telephone: +44 (0) 8704 054 002 • Fax: +44 (0) 8704 054 003 • www.nutri-linkltd.co.uk**

## EFA-Sirt Supreme®

**EFA-Sirt Supreme®** supplies a unique, highly concentrated essential fatty acid blend, providing an extremely effective relative combination of EPA, DHA and GLA, with all natural mixed tocopherols, specially formulated to be high in  $\gamma$ -Tocopherol. A large amount of supportive scientific research shows that the consumption of Eicosapentaenoic acid (EPA) and Docosahexaenoic acid (DHA) Omega-3 fatty acids support cardiovascular function. Omega-3 fatty acids have been shown to affect platelet aggregation, blood viscosity, plasma levels of fibrinogen, PF4 and beta-thromboglobulin and capillary flow. These effects are believed to be functions of membrane fluidity. Omega-3 fatty acids support healthy blood lipid profiles, normal healthy blood pressure, stimulate Nitric Oxide (NO) and support healthy, normal blood sugar and insulin levels. Omega-3 fatty acids help to suppress ACE, TGA beta, SREBP and function as PPAR agonists. Additionally, Omega-3 fatty acid supplementation increases fatty acid oxidation, which research suggests helped to decrease adipose tissue and serves to improve endothelial function. DHA is not only essential for neural function, but it is an important component of cell membranes and supports normal healthy blood pressure. DHA is converted by several mechanisms into docosatrienes and resolvins, which have anti-inflammatory properties. According to current research, their activity may very well be due to the fatty acids effects modifying genetic expression. Gamma linolenic acid (GLA), the good Omega-6 fatty acid, is elongated to DGLA, the biologically active form from which eicosanoids are derived. DGLA metabolites reduce the formation of arachidonate-derived prostaglandins, leukotrienes, platelet-activating factors, and supports normal healthy blood pressure. Collectively, this superior combination of essential fatty acids provide a balance of key nutrients that current research has shown to support healthy cardiovascular function. Following several years of research and clinical evaluations, Dr. Mark Houston, Associate Clinical Professor of Medicine at Vanderbilt Medical School and Director of the Hypertension Institute and Vascular Biology in Nashville, in conjunction with scientists at Biotics Research Corporation, developed a unique essential fatty acid supplement: **EFA-Sirt Supreme®**. Each serving of **EFA-Sirt Supreme®** supplies, on average, 750 mg of GLA, 900 mg of EPA, and 600 mg of DHA, making it a superior fatty acid supplement and an ideal adjunct to **VasculoSirt®** and **ResveraSirt-HP®**. As always, Biotics Research brings you "The Best of Science and Nature".



## Research Pertaining to Other Topics of Interest

**More on Vitamin D and Cancer** – As far back as 2005, due to the increasing data showing a link between vitamin D deficiency and an increase in certain cancers including colon, breast, prostate and ovarian, researchers have argued the case for vitamin D supplementation to protect against cancer<sup>1</sup>. Recent research has focused on vitamin D's molecular mechanisms, including the vitamin D receptor (VDR) which is highly expressed in epithelial cells at risk for carcinogenesis, providing a direct molecular link by which vitamin D impacts carcinogenesis. Animal research has demonstrated that dietary vitamin D supplementation decreased tumor development in skin, colon, prostate and breast. The research suggests that because VDR expression is retained in many tumors, supplementation with vitamin D to improve vitamin D status may be warranted as an important modulator of cancer progression in persons living with cancer<sup>2</sup>.

1. Garland CF et al. The Role of Vitamin D in Cancer Prevention. *Am J Public Health* 2006

2. Walsh J. Vitamin D and Cancer: integration of cellular biology, molecular mechanisms and animal models. *Scand J Clin Lab Invest Suppl.* 2012; 243:103-11