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Optimal EFAs Caps®

Consumption of Essential Fatty Acids (EFAs) is absolutely required for optimal health. In addition to being required for the formation of cell membranes, they are essential for cerebral and neurological development and functioning. EFAs are required for the production of hormone-like substances called Eicosanoids (Thromboxanes, Leukotrienes, Prostaglandins) which are collectively responsible for regulating blood pressure and blood viscosity along with immune and inflammatory responses. EFA imbalances are very common in modern societies, particularly those whose diet is over-reliant on grains or in those who consume an abundance of processed foods containing artificial ingredients or hydrogenated fats, in other words, the Standard British Diet (SBD). EFA deficits generally occur in combination, therefore supplementation with a balanced combination of EFAs makes clinical sense. Diagnosis of EFA deficiency can be difficult to establish without clinical testing because the signs and symptoms are incredibly varied. Everything from cognitive and neurological deficits, elevated blood pressure, coagulation issues, altered lipid profiles, impaired wound healing, immune and mental deficiencies, impaired vision or growth, and a wide variety of dermatological responses have been attributed to EFA deficiency. Children, seniors, and anyone with an unbalanced diet are likely to exhibit some degree of altered EFA status. **Optimal EFAs Caps®** was strategically formulated with noted researcher and author, Alex Vasquez, DC, ND, DO to provide an ideal balance of Omega-3, -6, and -9 fatty acids. Supplied as a unique blend of the highest quality fish, flaxseed, and borage oils that are tested for purity, collectively they provide ALA, EPA, DHA, GLA, and Oleic Acid in ratios that are optimal. Available as easy to take capsules **Optimal EFAs®** are available exclusively through Biotics Research. As always, you can count on Biotics Research to offer superior nutritional products supplying "The Best of Science and Nature".



Research Pertaining to Other Topics of Interest

Vitamin D and Seasonal Flu: In a randomized controlled trial, 340 Japanese school children were followed for four months during the height of flu season. Half received 1200 IU of vitamin D, while the other half received a placebo. Researchers discovered that type A influenza rates in the vitamin D group were about 40 percent lower than the placebo group.

Urashima, M et al. Randomized trial of vitamin D supplementation to prevent seasonal influenza A in school children. *Amer J Clin Nutrition*. 2010 91:1255-60. Epub 2010 Mar 10.