

EFA Facts

Omega 3: ALA, EPA, DHA (Come from fish and plants)

Omega 6: AA, GLA, LA, (Come from meats and vegetable oils but not in Olive Oil)

Omega 9: OA (Butter and Olive Oil)

Omega 3 and 6 are Essential, meaning your body must have them but cannot produce them.

Omega 9 is not Essential because if you have 3 and 6 your body will produce 9.

Omega 3

The Youngevity Qualified Health Claims: Omega 3 EFA Supplementation Reduces the Risk of...

- Pulmonary Embolism
- Coronary Thrombosis
- Thrombotic Stroke
- DVT

The 3 Omega 3's

1. ALA (Alpha-Linolenic Acid)

- Comes from plants, nuts
- Two purposes - Energy Production, Antioxidant Protection
- Found in the Mitochondria
Mitochondria are found in every cell in the human body
Mitochondria have their own DNA
Mitochondria are necessary for life to exist
Mitochondria are the engines of the body (transform nutrients into energy)
The Mitochondria need ALA to produce energy
ALA has antioxidant ability that helps protect the Mitochondria
- Can be converted in the body to EPA and DHA

20 Health Benefits of ALA

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|---------------------------------|--|
| 1. Prevents Obesity | 11. May Prevent Allergic Reactions |
| 2. Improves the Skin | 12. Reduces Risk of Respiratory Infections |
| 3. May Reduce Cancer Risk | 13. May Help Treat Stomach Ulcers |
| 4. Protects Against Diabetes | 14. Improves Eye Health |
| 5. Protects Against Stroke | 15. Reduces Multiple Sclerosis Symptoms |
| 6. Improves Heart Health | 16. Improves Constipation and Diarrhea |
| 7. Reduces High Blood Pressure | 17. May Reduce Depression Risk |
| 8. Reduces Inflammation | 18. May Improve Rheumatoid Arthritis |
| 9. May Improve Gut Health | 19. May Increase Lifespan |
| 10. May Improve Kidney Function | 20. Improvements with ADHD |

Please Note: Some of these benefits were obtained in studies using at least 6 to 12 grams of ALA per day.

2. DHA (Docosahexaenoic acid)

- The body can make some DHA with adequate amounts of ALA.
- Comes from fish oil or alga oil
- Primary structural component of the brain
- Present in the skin, testicles, retina (the eyes)
- Supports Brain Development and Protects Neurological Function
- Especially important for infants and aging adults
- Can improve Vision

3. EPA (Eicosapentaenoic Acid)

- The body can make EPA with adequate amounts of ALA.
- Comes from fish oil
- Found in the wall of every cell of the body
- Found in the brain
- Vitally important for Fetus Development
- Anti-Inflammatory
- Heart Health
- Joint Health
- Mental Development
- Weight Management

Omega 6

1. AA (Arachidonic Acid)

- Non-essential (Can be made in the body if you consume adequate amounts of LA)
- Comes from meat, eggs, some fish
- The body does require it (brain, liver, organs)
- Increases muscle mass
- Helps people with autism when combined with DHA
- Too much can be inflammatory

2. LA (Linoleic Acid)

- Comes from nuts, seeds, vegetable oils, animal products (dairy, meat)
- Essential (must be consumed)
- Used by the body to produce other Omega 6 Fatty Acids
- Too much can be inflammatory

3. Gamma-Linoleic Acid

- Comes from Borage Oil, Evening Primrose Oil, Blackcurrant Oil
- Anti-Inflammatory
- Essential for maintaining brain function, skeletal health, reproductive health, and metabolism
- Essential for stimulating skin and hair growth
- Cardiovascular Protection
- Diabetic Neuropathy
- Atopic Skin (dermatitis, eczema)
- Asthma

Omega 6 Facts

- Assist in tissue repair after exercise
- Both inflammatory and anti-inflammatory
- Palm Oil, Soybean Oil, Flax Oil, Sunflower Oil (are LOADED with Omega 6)
- Manufacturers produce 32 Million Metric Tons of these oils per year
- The Standard American Diet is up to 20 to 1 Omega 6 to Omega 3
- Common belief is that the proper balance is a ratio of 1 to 1

Omega 9

- Oleic Acid (OA)
- Non-Essential in that the body can make it
- Comes from Canola Oil, Olive Oil, Sunflower Oil, Nuts
- Heart Disease Prevention, Blood Sugar Optimization
- Benefits Heart, Brain, and Mood