

EFA Complex

(essential fatty acids)

EFA Complex safeguards against low levels of essential fatty acids (EFA) that may impair Muscle Growth, Fat Burning and Optimal Performance.

- EFA increases growth hormone production.
- EFA increases lean body mass.
- EFA improves immune system function.
- EFA lowers cholesterol levels.
- EFA improves oxygen utilization and energy transformation.
- EFA Complex contains high levels of EPA (eicosapentaenoic acid), DHA (docosahexaenoic acid), Oleic Acid, Linoleic Acid, GLA (gamma linoleic acid), and Alpha Linolenic Acid.

Most athletes understand that saturated fats are bad. But there are some essentially important "good" fats that your body must have for optimal athletic performance and overall health. EFA's (essential fatty acids) are considered the good fats and are especially essential to athletes on fat-restricted diets.

DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid) are extremely valuable EFA's that have a profound effect on your cardiovascular health, metabolic function, hormone secretion and immune function.

EFA Complex also supports the formation of prostaglandins, which play a key role in hormone production, including testosterone.

Supplemental Facts:

1 softgel supplies:

Vitamin E	5 IU
Flaxseed Oil	400 mg
Borage Seed oil	400 mg
Fish Oil (50% Omega-3)	400 mg

Provides the following fatty acid profile:

Oleic Acid	152 mg
Linoleic Acid	180 mg
Gamma Linoleic Acid	96 mg
Alpha Linolenic Acid	220 mg
Eicosapentaenoic Acid (EPA)	120 mg
Docosahexaenoic Acid (DHA)	80 mg