

# Product Rationale: EFA 1,200 MG



Consider the following review of clinical research results on omega-3 essential fatty acids known for their ability to support a healthy cardiovascular system and a healthy neurological system along with vision health and skin health.

A diet rich in essential fatty acids promotes cardiovascular health and may assist with the inflammation of joints and skin. Anyone who is interested in maintaining a healthy heart and vascular system may wish to increase their fish consumption or use fish oil supplements. People with elevated blood cholesterol and triglyceride levels or with high blood pressure may also benefit from additional fish or fish oil.

Omega-3 fats alter the production of several hormone-like compounds in the body. These compounds help regulate blood pressure, blood clotting, immune function, and other body processes. Omega-3 fats are thought to depress the production of fats in the liver. Omega-3 fats may also reduce blood clotting by decreasing the stickiness of blood cells.

## FORMULA RATIONALE

Transformation's Professional Protocol™ Essential Fatty Acids 1,200 MG (EPA 360/DHA 240) is manufactured from a highly purified fish oil concentrate. Fish oils are rich in polyunsaturated fats known as omega-3 fatty acids. Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are the two main omega-3 fats found in fish and fish oil. The richest sources of omega-3 fats in the diet are herring, mackerel, salmon, sardines, and tuna.

## OTHER INGREDIENTS

This product is encapsulated in a gelcap with mixed tocopherols to maintain freshness. EFA 1,200 MG is dairy, gluten, and soy free. No fillers are used in this product.

## COMPONENT BENEFITS

A diet rich in essential fatty acids has been found to help maintain a healthy heart and vascular system and may assist with joint support and maintenance of skin.

Transformation's Professional Protocol™ Essential Fatty Acids is a formulation of Omega-3 fatty acids from fish oil concentrate.

Each one-capsule serving of EFA 1,200 MG is formulated to include the following.

Fish Oil Concentrate	1.2 g
Eicosapentaenoic Acid (EPA)	360 mg
Docosahexaenoic Acid (DHA)	240 mg

## Other Ingredients:

Gelatin  
Glycerin  
Purified Water  
Mixed Tocopherols

## SUMMARY

Transformation's Professional Protocol™ Essential Fatty Acids is an EPA/DHA Dietary Supplement with 1,200 mg fish oil concentrate for supporting a healthy cardiovascular system and a healthy neurological system along with vision health and skin health.

## CLINICAL APPLICATIONS

- High blood pressure
- Cardiovascular disease
- High cholesterol
- Poor circulation
- Rheumatoid Arthritis
- Auto-immune disorders
- Inflammation

## RECOMMENDED USAGE

Take 1 softgel of EFA 1,200 MG daily with a meal or as directed by a health care practitioner. Take with adequate liquid. Tolerated best when taken along

with food and a digestive support formula with lipase enzymes for fat digestion such as Digest, LypoZyme, or Lypo. For therapeutic use, increase dosage to 1 softgel three times daily with meals.

## INDICATIONS

Consuming EPA and DHA combined may help reduce blood pressure and reduce the risk of hypertension, a risk factor for Coronary Heart Disease.

### Vascular Health

Omega-3 fatty acids have been shown to decrease high blood triglyceride (fat) levels. In a group of people who had recently undergone heart surgery, those taking fish oil supplements for 6 months had significantly lower blood fat levels than those not taking fish oil.

Researchers examined the effects of fish oil on the blood lipid levels of healthy men. After 4 weeks of fish oil supplements, triglyceride and VLDL (very low density lipoprotein) levels dropped. Clinical studies in people with high blood fat levels have used 3 to 9 grams of fish oil daily. An international authority on omega-3 fats recommends a daily intake of 1 gram of EPA plus DHA.

Researchers analyzed 31 studies involving 1,356 people in order to evaluate the effect of fish oil on blood pressure. In people with high blood pressure, fish oil supplements led to a significant decrease in blood pressure readings.

Researchers studied more than 20,000 male doctors in the Physicians Health Study, looking for a link between fish consumption and sudden death from an irregular heartbeat. Eating more fish was linked to a lower risk of sudden death. The doctors who ate fish at least once a week were 52% less likely to die suddenly than doctors who ate fish less than once a month.

### Rheumatoid Arthritis

Researchers studied the effects of fish oil in 66 people with rheumatoid arthritis. These people used an antiinflammatory drug for their arthritis. In this study, they were given either 8 grams of fish oil or corn oil every day for 30 weeks. The people taking fish oil reported significantly less joint tenderness and morning stiffness than the people taking corn oil. In addition, the people taking fish oil were able to stop using their antiinflammatory drugs without having a flare-up of

their arthritis.

## CONTRA-INDICATIONS

The omega-3 fats in fish oils can increase the amount of time it takes for blood to clot. People taking any medicines that thin the blood (including aspirin) should talk to their doctor before taking fish oil supplements.

## SAFETY / QUALITY ASSURANCE

All Transformation™ formulas are carefully prepared to assure maximum quality and nutritional effectiveness. Transformation's essential fatty acids are manufactured from a highly purified fish oil concentrate from anchovy, sardine, and mackerel from Canada, Norway, and Peru with a 1.5:1 ratio of EPA and DHA Omega-3 fatty acid. There is a predominance of anchovies in those regions which is the main species used. The sardines would be second and very little mackerel if any. The highly purified fish oil tests at < 0.1 ppm for lead, mercury, and cadmium.

## MICROBIOLOGICAL EVALUATION

This product was tested and found to be NSF/ANSI compliant and absent of any traces of *E.coli*, *salmonella*, and *S.aureus*.

## PRODUCT SPECIFICATIONS

EFA 1,200 MG is available in bottles of 60 gelcaps. Does not contain any dairy, gluten, soy, artificial colors, or flavors. Store in a cool, dry place. Keep out of reach of children.

## REFERENCES

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Transformation Enzyme Corporation  
16203 Park Row Dr Ste 160  
Houston, TX 77084  
1-800-777-1474  
TransformationEnzymes.com  
moreinfo@tecenzymes.com

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