More benefits of EFA supplementation

Prostate Gland: Omega-3 fatty acids are beneficial for optimum function of the prostate gland. They are especially important if there is a high level of sexual activity, which can deplete the prostate gland of nutrients needed for normal function. Also, Omega-3s can act to reduce blood clotting associated with prostate cancer, thus lowering the potential for the spreading of tumors.

Diabetes: Omega-3 fatty acids improve insulin sensitivity and reduce insulin resistance. Researchers theorize that the omega-3s restore a balance that gets disrupted by a diet high in foods containing omega-6 and saturated fats.

In conclusion, a deficiency of the good fats, the essential fatty acids (EFA's), can affect our bodies in vast and unexpected ways. The following list of health problems can be caused or aggravated by a shortage of EFA's.

- Acne
- Allergies
- Angina
- Arteriosclerosis
- Arthritis
- Asthma
- Autoimmune disease
- Cancer
- Crohn's disease
- Diabetes
- Diarrhea
- Dry hair
- Eczema
- Fibrocystic breast disease
- Gallstones
- Hair loss
- Heart attack
- High blood pressure
- High cholesterol
- Inflammatory disorders
- Kidney failure
- Multiple sclerosis
- Obesity
- Poor wound healing
- Premenstrual syndrome
- Reproductive failure
- Scleroderma
- Stroke
- Varicose veins

Each 1000 mg. softgel capsule contains:

EPA 180 mg..
DHA 120 mg.
Vitamin E 3 IU

It is important to consume all of the essential nutrients that our body requires. Essential fatty acids are optimized in the presence of ample amounts of vitamins A, B6, C and E, and the minerals magnesium and zinc.

LEGERE PHARMACEUTICALS
SCOTTSDALE, ARIZONA

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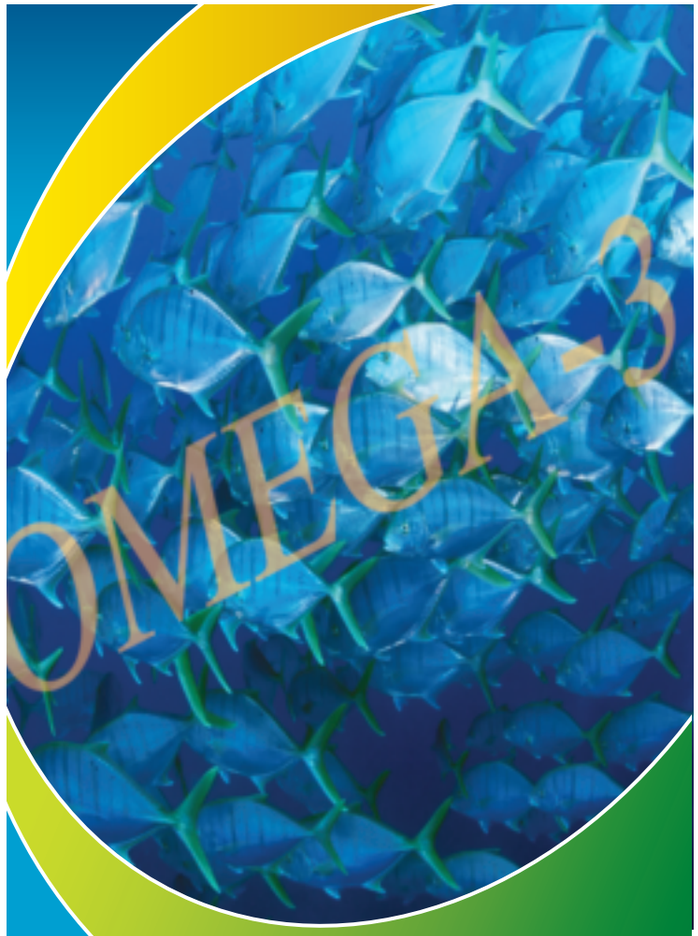

THE ESSENTIAL FATTY ACIDS: EPA AND DHA

PROFORM™

PROFORM™ - OMEGA-3

IT'S APPROVED

ONE OF THE MOST IMPORTANT, YET LEAST UNDERSTOOD AREAS OF HUMAN NUTRITION

On September 8, 2004, the FDA announced that it would allow an expanded health claim on products containing omega-3 fatty acids (EPA) and (DHA). According to Commissioner Dr. Lester M. Crawford, "Coronary heart disease is a significant health problem that causes 500,000 deaths annually in the U.S." This new qualified health claim for omega-3 fatty acids should help patients work to improve their health. "Research shows that consumption of EPA and DHA may reduce the risk of coronary heart disease". Scientists believe this protection is conferred by the anti-inflammatory properties of omega-3 fatty acids.

OMEGA-3 AND IT'S ROLE IN WEIGHT LOSS

Want to pump up your weight loss? Include essential fatty acids into your diet every day. Scientists now know that these natural fats are absolutely necessary to fuel the body's biochemical processes. Without them your body senses a famine and stops burning calories, turning it into a fat-producing machine. The essential fatty acids with the most metabolic-boosting power are omega-3 fatty acids found abundantly in fish. These fats are the good fats!

GOOD NEWS ABOUT FATS

One very special fatty acid, docosahexaenoic acid or DHA, is vital for developing and maintaining intelligence, physical performance and emotional stability, yet it is lacking from our diet. Because DHA is highly unsatu-rated, it is very susceptible to free radical damage, so what little we do get may be unusable. And yet, it is crucial for:

- Pregnancy, when the fetus is developing
- Infancy, when the brain is growing
- Healthy hearts, increasing "good" HDL-cholesterol
- Healthy minds, to maximize brain function
- Healthy eyes, improving retinitis pigmentosa
- Ageing, to combat are-related illnesses
- Fighting and preventing cancer

OMEGA-3 FATTY ACIDS & MITOCHONDRIA

The mitochondria are the powerhouse of the cell. It is where the chemical energy ATP is produced, which can then be used by cells to power all its reactions. We normally associate burning calories with strenuous physical exercise, like running or swimming, where muscles are using large amounts of ATP to contract and cause motion. Fatty acids such as DHA can be used by the mitochondria as a source of fuel to produce ATP. Normally, the simple sugar glucose is used. But an alternative source is a fatty acid like DHA. It is an excellent source of stored energy, which the body may utilize for its great energy requirements.

OMEGA-3 FATTY ACIDS & THE EYE

The concentration of DHA in the cells of the eyes is even higher than in the brain. DHA is one of the lipids in the protective cell membrane of the special cells in the retina, the rods and cones, which enable us to see. DHA's role in the visual process is to facilitate the rapid signal processing from the eye to the brain. DHA keeps the cell membrane fluid, allowing chemical signals which result from photons of light to pass through it. Without adequate anti-oxidant protection, the DHA in the eye may be damaged, causing our vision to become weaker as we age.

EFA & THE BRAIN

The brain is actually made up of more than 60% fatty substances. It is a collection of billions of intricately woven cells. One kind of cell is the nerve cell, call a neuron, and it is responsible for communicating electrical signals throughout the brain and the rest of the body. A protective membrane called a lipid bi-layer surrounds each neuron. The lipid bi-layer consists of two layers of compounds called phospholipids. Each phospholipid has a saturated fatty acid and an unsaturated one. The unsaturated one is usually DHA.

The cells in your brain are specialized to perform their roles, so brain cells are very different in form and function compared to other cells in the body, say liver cells. What might differ about a brain cell's membrane compared to a liver cell's membrane is what fatty acids are used in the lipid bi-layer. DHA is also found in high concentrations in the sheath surrounding brain cells, where DHA may be used as a source of energy. Clearly, DHA plays a major role in the structure and function of the brain.

Free radical damage caused by low levels of DHA in the brain have been linked to:

- Depression
- Alzheimer's
- Schizophrenia
- Mood disorders
- ADHD
- Postpartum depression
- Mental disorders

Supplementing with omega-3 fatty acids can improve the brains function and assist with:

- Concentration
- Memory
- Mental focus
- Reasoning and problem solving