



Safe & Sound® Essential Fatty Acid Formula

Our bodies cannot manufacture the vitamins and minerals needed to maintain health and quality of life. As a result we need to get them from our diets and/or in supplement form. Since the nutrient values of many farmed foods have decreased in recent years, we recommend a balanced multiple vitamin mineral formula to look, feel and function at your best.

What the nutrients in this Essential Fatty Acid Formula are, why they are important, and the percentage of DV (if established) present in the serving size:

Marine Lipids

Function

Omega-3 fatty acids are considered essential fatty acids: They are necessary for human health but the body can't make them -- you have to get them through food. Omega-3 fatty acids play a crucial role in brain function, as well as normal growth and development. They have also become popular because they may reduce the risk of heart disease. Research shows that omega-3 fatty acids reduce inflammation and may help lower risk of chronic diseases such as heart disease, cancer, and arthritis. Omega-3 fatty acids are highly concentrated in the brain and appear to be important for cognitive (brain memory and performance) and behavioral function.

<http://umm.edu/health/medical/altmed/supplement/omega3-fatty-acids#ixzz3XxzqnR2Y>

Deficiency

Symptoms of omega-3 fatty acid deficiency include fatigue, poor memory, dry skin, heart problems, mood swings or depression, and poor circulation.

<http://umm.edu/health/medical/altmed/supplement/omega3-fatty-acids#ixzz3XxzqnR2Y>

- Essential fatty acid deficiency
 - a dry scaly rash
 - decreased growth in infants and children
 - increased susceptibility to infection
 - poor wound healing
- Omega-3 fatty acid deficiency

At least one case of isolated omega-3 fatty acid deficiency has been reported. A young girl who received intravenous lipid emulsions with very little ALA developed visual problems and sensory neuropathy; these conditions were resolved when she was administered an emulsion containing more ALA

<http://lpi.oregonstate.edu/mic/other-nutrients/essential-fatty-acids>

Daily Value

Daily Value not established

EPA

Function

Eicosapentaenoic acid (EPA) is one of several omega-3 fatty acids. It is found in cold water fatty fish, such as salmon. It is also found in fish oil supplements, along with docosahexaenoic acid (DHA). Omega-3 fatty acids are part of a healthy diet that helps lower risk of heart disease. Getting more EPA in your diet has positive effects on coronary heart disease, high triglycerides (fats in the blood), high blood pressure, and inflammation.

- Uses
 - Attention-Deficit Hyperactivity Disorder (ADHD)
 - Depression
 - Heart Disease
 - Rheumatoid Arthritis
 - Menopause
 - Menstrual Pain
 - Raynaud Syndrome
 - Lupus
 - Other Conditions: Omega-3 fatty acids, including EPA, may also have positive effects on lung and kidney diseases, type 2 diabetes, obesity, ulcerative colitis, Crohn's disease, anorexia nervosa, burns, osteoarthritis, osteoporosis, and early stages of colorectal cancer.

<http://umm.edu/health/medical/altmed/supplement/eicosapentaenoic-acid-epa#ixzz3XyBvzi37>

Deficiency

Symptoms of omega-3 fatty acid deficiency include fatigue, poor memory, dry skin, heart problems, mood swings or depression, and poor circulation.

<http://umm.edu/health/medical/altmed/supplement/omega3-fatty-acids#ixzz3XxzqnR2Y>

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Daily Value

Daily Value not established

DHA

Function

- Vision

DHA is found at very high concentrations in the cell membranes of the retina; the retina conserves and recycles DHA even when omega-3 fatty acid intake is low. Animal studies indicate that DHA is required for the normal development and function of the retina. Moreover, these studies suggest that there is a critical period during retinal development when inadequate DHA will result in permanent abnormalities in retinal function. Research indicates that DHA plays an important role in the regeneration of the visual pigment rhodopsin, which plays a critical role in the visual transduction system that converts light hitting the retina to visual images in the brain.

- Nervous system

The phospholipids of the brain's gray matter contain high proportions of DHA and AA, suggesting they are important to central nervous system function. Brain DHA content may be particularly important, since animal studies have shown that depletion of DHA in the brain can result in learning deficits. It is not clear how DHA affects brain function, but changes in DHA content of neuronal cell membranes could alter the function of ion channels or membrane-associated receptors, as well as the availability of neurotransmitters.

<http://lpi.oregonstate.edu/mic/other-nutrients/essential-fatty-acids>

Docosahexaenoic acid (DHA) is an omega-3 fatty acid. It is found in cold water fatty fish, such as salmon. It is also found in fish oil supplements, along with eicosapentaenoic acid (EPA). Vegetarian sources of DHA come from seaweed. Omega-3 fatty acids are good for your heart, and your body needs DHA for a healthy brain. Infants need DHA, especially during the first 6 months of their lives, so their brains, eyes, and nervous systems can develop as they should. DHA is found in breast milk and is added to some infant formula.

Our bodies naturally make small amounts of DHA, but we must get the amounts we need from food or supplements. Most people in the Western world do not get enough omega-3 fatty acids in their diet.

- Uses

- Attention-Deficit Hyperactivity Disorder (ADHD)
- Depression
- Heart Disease
- Infant Development
- Rheumatoid Arthritis
- Menstrual Pain
- Raynaud Syndrome
- Lupus

<http://umm.edu/health/medical/altmed/supplement/docosahexaenoic-acid-dha#ixzz3Xy9xfOjX>

Deficiency

Symptoms of omega-3 fatty acid deficiency include fatigue, poor memory, dry skin, heart problems, mood swings or depression, and poor circulation.

<http://umm.edu/health/medical/altmed/supplement/omega3-fatty-acids#ixzz3XxzqnR2Y>

- Essential fatty acid deficiency
 - a dry scaly rash
 - decreased growth in infants and children
 - increased susceptibility to infection
 - poor wound healing

- Omega-3 fatty acid deficiency

At least one case of isolated omega-3 fatty acid deficiency has been reported. A young girl who received intravenous lipid emulsions with very little ALA developed visual problems and sensory neuropathy; these conditions were resolved when she was administered an emulsion containing more ALA

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There is now considerable evidence that DHA and/or its bioactive metabolites have neurotrophic and neuroprotective properties and that DHA increases neuronal resilience to oxidative stress during perinatal development and in adulthood. Preclinical findings also indicate that dietary-induced DHA deficits in rat brain are sufficient to produce neuropathological features, including neuronal shrinkage and astrocyte pathology, also observed in the PFC of patients with affective disorders.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2838627/>

Daily Value

Daily Value not established

GLA

Function

Gamma-linolenic acid (GLA) is an omega-6 fatty acid that is found mostly in plant based

oils such as borage seed oil, evening primrose oil, and black currant seed oil. Omega-6 fatty acids are considered essential fatty acids: They are necessary for human health, but the body can't make them -- you have to get them through food. Along with omega-3 fatty acids, omega-6 fatty acids play a crucial role in brain function, as well as normal growth and development. Also known as polyunsaturated fatty acids (PUFAs), they help stimulate skin and hair growth, maintain bone health, regulate metabolism, and maintain the reproductive system. A healthy diet contains a balance of omega-3 and omega-6 fatty acids. Omega-3 fatty acids help reduce inflammation, and some omega-6 fatty acids tend to promote inflammation.

- Uses
 - Diabetic neuropathy
 - Rheumatoid arthritis
 - Allergies
 - Attention deficit/hyperactivity disorder (ADHD)
 - Breast cancer
 - Eczema
 - High blood pressure (Hypertension)
 - Mastalgia
 - Osteoporosis
 - Premenstrual syndrome (PMS)

<http://umm.edu/health/medical/altmed/supplement/gammalinolenic-acid#ixzz3XyHIUyOK>

Daily Value

Daily Value not established