



# Super GLA

## Supplying Essential Fatty Acids is Essential for Good Health

Increasingly, the American public is being lead to believe that fats are a bad thing, something to be avoided. However, this is actually not the case. The body needs fats, but it needs the right kinds of fats. One of the reasons many Americans may crave fats is that their diets are lacking in the right kinds of fats, which means they aren't getting the fatty acids their body requires.

Fatty acids are building blocks of fats, and while there are many different types of fatty acids, there are two which the body cannot manufacture. These are called essential fatty acids, and they must be supplied through the diet or supplementation for our bodies to be healthy.

The essential fatty acids (EFAs) are linoleic acid (Omega-6) and linolenic acid (Omega-3). Omega-3 fatty acids can be found in cold-water fish and several vegetable oils, including borage oil which is in this formula. It is also found in flax seed oil and fish oils, like those found in Omega-3 Hi-EPA.

Omega-3 fatty acids are the parent compounds to eicosa-pentaenoic acid (EPA) and docosahexaenoic acid (DHA). Omega-3 also influences the proper conversion of omega-6 oils into anti-inflammatory prostaglandins.

Omega-6 fatty acids are found in many vegetable oils, but most vegetable oils have been hydrogenated, producing trans fatty acids that disrupt normal body function. Omega-6 fatty acids are the parent compounds to gamma linolenic acid (GLA), dihomogamma linolenic acid (DGLA), and arachidonic acid.

Essential fatty acids are an important component of cell membranes and nerve insulation. They cushion and protect the tissues and are metabolized into other fatty acids and prostaglandins. Prostaglandins are necessary for the regulation of many body functions such as the secretion of other hormones, blood clotting, menstruation and childbirth, and the inflammatory response.

Omega-3 Hi-EPA and CLA (conjugated linolenic acid) increase the conversion of GLA into type one prostaglandins, thereby increasing the anti-inflammatory and healing benefits of GLA. These products help prevent GLA from being converted to the pro-inflammatory arachidonic acid, which produces type two prostaglandins.

Many Americans don't get enough essential fatty acids. In fact, scientific literature shows that as many as 60 health condi-

tions can be linked to essential fatty acid deficiency.

Super GLA contains three oils high in GLA. These are evening primrose, black currant, and borage oil. While each of these oils is a source of GLA, each also offers other benefits that the other may not, making for a powerful combination. GLAs are used by the body, in conjunction with Omega 3 and low insulin levels, to make prostaglandins of the type one series which reduce inflammation and blood clotting. Thus, oils high in GLA can benefit conditions such as heart disease, diabetes, arthritis (especially rheumatoid), autoimmune disorders, skin conditions, learning disabilities in children (ADD/ADHD), and premenstrual syndrome (PMS). Here's a brief description of what each of these oils does.

**Evening primrose oil**, from the seeds of the evening primrose plant, is the nutritional oil with the greatest number of research studies supporting its use. Studies have been conducted for all of the conditions listed above, plus cancer and many others. Evening primrose oil is about 72-73% linoleic acid, 8-10% GLA, and it contains only trace amounts of alpha linolenic acid.

**Black currant oil**, from the seeds of the black currant plant, is a rich natural source of GLA and an effective anti-inflammatory agent. It is frequently used for skin conditions (including brittle nails and hair), arthritis, autoimmune disorders and PMS. Black currant is about 47% linoleic acid, 15-18% GLA, and 13% alpha linolenic acid (which can be converted into EPA, then DHA and then prostaglandins of Omega-3 series).

**Borage oil**, from the borage or starflower plant, has the highest concentration of GLA and has a fatty acid profile very similar to human breast milk. It is about 35-37% linoleic acid, 20-24% GLA, and it contains only trace amounts of alpha linolenic acid.

Super GLA is vastly superior to the popular evening primrose oil supplements because it contains a wider range of essential fatty acids. Each capsule contains 130 mg of gamma linolenic acid (GLA). General recommendation is to take one capsule with a meal three times daily. These oils will be even more effective when combined with a diet of low glycemic carbohydrates and supplementation with Omega-3 essential fatty acids.

### References

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