



Tri-EFA

Introduced 2004



What Is It?

Tri-EFA offers a convenient blend of essential fatty acids for enhanced support.*

This unique formulation combines:

- Gamma-linolenic acid (GLA) derived from borage seed oil
- Alpha linolenic acid (ALA) derived from flax seed oil
- Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) derived from fish oil

Uses For Tri-EFA

Cardiovascular Support: EPA and DHA from fish oil encourage cardiovascular health by supporting triglyceride and lipid metabolism, maintaining healthy blood flow and promoting healthy platelet function. A randomized, double-blind, placebo-controlled study involving 223 individuals, indicated that fish oil supplementation promotes arterial function. In addition, studies indicate these oils help maintain blood vessel integrity. One study also suggests EPA may moderate protein kinase C, supporting arterial smooth muscle cells. ALA from flax seed oil may be specifically supportive of healthy lipid metabolism and vascular function. GLA is an important precursor of prostaglandin E1, a compound that supports blood flow and vascular health.*

Joint Comfort: Fish oil is also important for optimal joint function. It moderates prostaglandin and leukotriene production, supporting healthy connective tissue. It also plays a role in moderating neutrophil activity, supporting joint comfort. A double-blind, placebo-controlled, prospective study involving 66 subjects revealed that fish oil modulates immune mediator activity as well as provides support for joint flexibility. GLA also promotes healthy immune mediator activity in tissues and maintains healthy arachidonic acid metabolism, actions that provide potential support for joint comfort.*

Skin Health: Essential fatty acids promote vascular health, supporting oxygen and nutrient delivery to the skin. Studies have shown that omega-3 fatty acids protect keratinocytes and fibroblasts from free radicals and immune mediators generated by sun exposure, helping to soothe the skin. GLA also promotes skin comfort by supporting healthy immune mediator activity and arachidonic acid metabolism. Additionally, essential fatty acids help promote elasticity and hydration for smoother looking skin.*

What Is The Source?

Pure Encapsulations fish oils are molecularly distilled and microfiltered. They are sourced mainly from sardines and anchovies off the coast of Chile or Norway. Each lot of every fish oil product is tested for PCBs (ppt), dioxins/furans (ppt), heavy metals (ppb), oxidation byproducts and microbial contamination. Each product contains less than the strict limits set by the Council for Responsible Nutrition (CRN), European Pharmacopeia (EP) and the United States Pharmacopeia (USP). Borage and flax seed oils are chemical-free, fresh-pressed oils. Vitamin E (d-alpha tocopherol) is derived from soybean oil.

Recommendations

Pure Encapsulations recommends 2-8 capsules daily, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

Fish oils may cause burping, gastrointestinal upset, indigestion, nausea, diarrhea, or abdominal bloating in some individuals. If pregnant or lactating, consult your physician before taking this product.

Are There Any Potential Drug Interactions?

Fish oils may react with blood thinning medications. Consult your physician for more information.

(continued)

Tri-EFA

each softgel capsule contains 22 sg

Calories.....	10
Calories from fat.....	10
Total fat.....	1 g
Vitamin E (as d-alpha tocopherol succinate).....	5 iu
Flax (linum usitatissimum) oil (seed).....	400 mg
Borage (borago officinalis) oil (seed).....	400 mg
Fish oil (from anchovies, sardines).....	400 mg
(50% omega-3 essential fatty acids)	
these oils typically provide:	
Alpha linolenic acid (ALA).....	210 mg
EPA.....	120 mg
DHA.....	80 mg
Gamma linolenic acid (GLA).....	80 mg
other ingredients: gelatin capsule (gelatin, glycerin, water)	
2-8 capsules daily, in divided doses, with meals.	

Our fish oils are tested for:

Environmental Contaminants

- 17 dioxins and furans (ppt)
- 7 PCBs (ppt)
- 12 dioxin-like PCBs (ppt)
- Total heavy metals (ppb)
- Mercury (ppb)
- Lead (ppb)
- Arsenic (ppb)
- Cadmium (ppb)

Oxidation and Rancidity

- Peroxides
- Anisidines
- TOTOX value
- Acid value

Microbial Contaminants

- Total aerobic bacteria
- E. coli
- Salmonella
- Coliforms
- Staphylococcus
- Yeast and mold

We follow the guidelines established by the:

- Council for Responsible Nutrition (CRN)
- European Pharmacopeia (EP)
- U.S. Pharmacopeia (USP)