NATURAL SOLUTIONS
Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare
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Super-EFF®

Super-EFF Supports the Central and Peripheral Nervous Systems with Vitamin F, Complex and Phospholipid Factors

Each living cell in the body requires essential fatty acids (EFAs) both to rebuild and to make new cells. The body uses EFAs to manufacture hormone-like substances called prostaglandins that work as chemical messengers and help regulate many different physiological processes. Since the body cannot produce these life-sustaining substances, we must get them from our diet. There are two main groups of EFAs–omega-3 and omega-6 essential fatty acids. Super-EFF contains flaxseed oil extract, a source of omega-3s. Among many other positive influences, EFAs help transmit nerve impulses throughout the central and peripheral nervous systems and support learning and memory functions in the brain. Phospholipids are intimately involved in many processes in both the central and peripheral nervous systems. They contribute to the appropriate surface charges of nerve cells, help regulate brain activity, and have a direct effect on neurotransmitters. The tocopherols found in Super-EFF help maintain the stability of EFAs.†

How Super-EFF Keeps You Healthy

Supports a healthy nervous system

EFAs assist in the timely transmission of nerve impulses and are needed for the appropriate development and functioning of the brain. EFAs enhance the brain's ability to learn and store learned messages to memory. Phospholipids are actively involved with intricate chemical processes in both the central and peripheral nervous systems. The myelin sheaths surrounding most nerve axons consist mainly of phospholipids and protein.†

Maintains cellular health

Each living cell contains phospholipids as a major component of its cell membrane. They are also found in the protective sheaths surrounding the brain and in muscle and nerve cells. All living cells require EFAs to repair themselves or to produce new cells.†

Promotes healthy blood

EFAs help maintain triglyceride levels in the blood. Phospholipids are able to dissipate other lipids found in the gastrointestinal tract and in the bloodstream. Without phospholipids, other lipids would mix with water and clump together in the body.†

Encourages healthy skin and hair

The body requires EFAs to keep both skin and hair healthy. Linoleic acid (polyunsaturated fatty acid) promotes healthy skin. Fatty acids are often beneficial in addressing the symptoms of different types of minor skin irritations like common teenage acne. They help to maintain the permeability of the skin's capillaries to support proper water retention and hydration.†



Super-EFF®

Introduced in: 1949

Content:
40 Capsules
150 Capsules

Supplement Facts:
Serving Size: 1 capsule
Servings per Container: 40 or 150

		%DV
Calories	2	

Proprietary Blend: Carbamide, *Tillandsia usneoides*, bovine liver fat extract, flaxseed oil extract, and mixed tocopherols (soy).

Other Ingredients: Gelatin, water, calcium stearate, and colors

Suggested Use: One capsule per meal, or as directed.

Special Information: Keep bottle tightly closed. This product absorbs moisture

Sold through health care professionals.

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Super-EFF®

What Makes Super-EFF Unique

Product Attributes

Contains the vitamin F complex and phospholipid factors from both plant and animal sources

- Ensures the presence of the essential fatty acids (linoleic, linolenic, and arachidonic acid) in a complete, whole food form†

Manufacturing and Quality Control Processes

Not disassociated into isolated components

- The nutrients in Super-EFF are processed to remain intact, complete nutritional compounds

Degreed microbiologists and chemists in our on-site laboratories continually conduct bacterial and analytical tests on raw materials, product batches, and finished products

- Ensures consistent quality and safety

Vitamin and mineral analyses validate product content and specifications

- Assures high-quality essential nutrients are delivered

Whole Food Philosophy

Our founder, Dr. Royal Lee challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. *See the supplement facts for Super-EFF®*

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T7675 02/09