

# Super Oil

90 soft gel capsules, Essential fatty acids, Stock No. 8235-8

**S**uper Oil combines oils of three different sources, which are high in essential fatty acids (EFAs).

Although some fats are involved in increasing our chances of developing heart disease and cancer, others are essential, meaning we have to eat them (we cannot produce them ourselves) to survive, and they are needed for special functions in the body besides being a source of energy. For example, EFAs are considered essential in maintaining healthy nerve functions.

## *Did you know?*

Heat destroys essential fatty acids. Worse, it results in the creation of dangerous free radicals.

If oils are hydrogenated (processed to make the oil more solid, as is commonly done in the production of margarine), the linoleic acid is converted into trans-fatty acids, which are not beneficial to the body.<sup>1</sup>

## *NSP Advantage*

90 soft gel capsules. Essential Fatty Acid supplement.

*Ingredients:* A blend of cold pressed linseed (*Linum usitatissimum*) oil, fish oil (cold water fish), soya lecithin, evening primrose (*Oenothera biennis*) oil, natural lemon flavour, and vitamin E (as a preservative). High in omega-6 (linoleic and gamma-linolenic acids) and omega-3 (alpha-linolenic and eicosapentaenoic acids) essential fatty acids.

*Recommendation:* Take one capsule with a meal three times daily.

1. Balch, James F., and Phyllis A., *Prescription for Nutritional Healing*, Avery, 1997, page 51.

## Features & Benefits

- EFAs are needed for the normal development and functioning of the brain.
- EFAs aid in the transmission of nerve impulses.
- EFAs assist the body in its production of prostaglandins, short-lived hormone-like compounds that regulate cellular activities on a moment-to-moment basis.