

## **Heart Health & Fats**

For many years, both healthcare professionals and the general public believed the most important thing to know about heart health and fats was to avoid saturated fats and cholesterol.

We now know that dietary saturated fats and cholesterol are almost irrelevant and the real fat problem is that we consume huge amounts of very poor quality and chemically altered vegetable oils. These hydrogenated, interesterified, and highly processed oils are nearly as insidious in our diets as highly refined carbohydrates and sugars and are one of the primary reasons for our heart disease epidemic.

Our Paleolithic ancestors consumed Omega-6 and Omega-3 in a ratio of between 1:1 and 1:4. The Standard American Diet today has a ratio more like 20:1! Not to mention the Omega-6's consumed are generally of very poor quality. The antidote to these horrible oils is high quality Omega-3's, particularly high in EPA and DHA. It is also important to remember that ultimately heart health, and health in general, is about quality and balance. Many people taking fish oils tend to avoid Omega-6's to the degree that they actually going out of balance the other way. Remember that high quality Omega-6's are important also.

It is cost efficient and therapeutically effective to start your patients on fish oils but for the long term it's important to use oils that are balanced. In the Biotics Research line we offer many wonderful and Essential Fatty Acids (EFA) options:

- [EFA-Sirt Supreme®](#) is a balanced product containing High Gamma Tocopherol, vitamin E, along with fish and borage oils. This formula provides Omega-3, -6, and -9 essential fatty acids including EPA, DHA, GLA, linoleic acid, and oleic acid.
- [Optimal EFAs®](#) Caps is a blend of small fish (anchovy and sardine), flax seed oil, and borage oils that was formulated as an anti-inflammatory oil. Optimal EFAs® supply Omega-3, -6, and -9 essential fatty acids including ALA, EPA, DHA, GLA, and oleic acid.
- [Biomega-3™](#) - Marine lipid formula Omega-3's (EPA and DHA).
- [Flax Seed Oil Caps](#) - Omega-3 oil with natural alpha linolenic, linoleic, and oleic oils.
- [Mixed EFAs™](#) - Omega-3 and -6 EFA's from walnut, hazelnut, sesame, and apricot kernel oils.
- [Sesame Seed Oil Caps](#) - Organic, virgin sesame seed oil with oleic, linoleic, and linolenic oils.

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