

Efamol®

Efalex Brain Formula

A supplement containing a unique blend of Fish Oil and Evening Primrose Oil including DHA and EPA (Omega 3 fatty acids) and GLA (Omega 6 fatty acids).

Clinically proven to improve learning, concentration and behaviour.



Ingredients: Fish Oil, Evening Primrose Oil, Capsule Shell (Bovine Gelatin, Humectant (Glycerol)), Vitamin E (d-alpha tocopherol), Thyme Oil, Antioxidant (Tocopherol Rich Extract).

Directions for use: Adults and children aged 5 years and over: 2 capsules per day with food or drink. For adult use only Efamol advises optimising the body's natural store of these important nutrients by doubling the recommended intake for the first twelve weeks.

Precautions: Do not exceed the recommended intake. If you are pregnant, planning a pregnancy, breast feeding, taking any medication or have an existing medical condition including epilepsy consult your doctor before using this product. Store in a cool, dry place out of the sight and reach of young children. Do not use if seal is broken.

Nutritional table:

Per Daily Intake (Two capsules)		%NRV*
Fish Oil	520mg	**
of which: Omega 3	364mg	**
of which: DHA	260mg	**
EPA	78mg	**
Evening Primrose Oil	440mg	**
of which: Omega 6	304mg	**
of which: GLA	50mg	**
Vitamin E	20mg α-TE	167
Thyme Oil	0.078mg	**



OUR FISH

For all Efamol fish oils, the raw material is high quality, sustainably sourced food grade fish body oil. The whole fish is used. Body oil is naturally lower in environmental toxins than liver oils.



GENTLE EXTRACTION

Our unique, gentle oil extraction process concentrates and purifies the oil over a minimum of three molecular distillation steps to maintain the natural integrity of the oil.



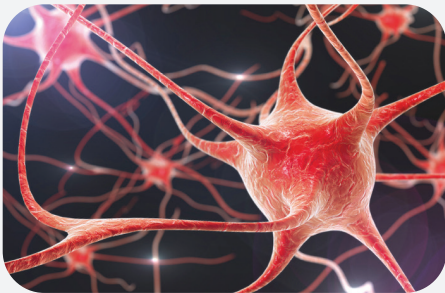
TRIGLYCERIDE FORM

We only use the triglyceride form in all our fish oil even concentrates, this is the natural structure of Omega 3 oils found in fish and so is the form the body recognises and digests efficiently.



EFFECTIVE

Our fish oil is tested to ensure it is free from environmental contaminants and contains the DHA & EPA stated at expiry date. It has been successfully used in numerous scientific trials in humans.



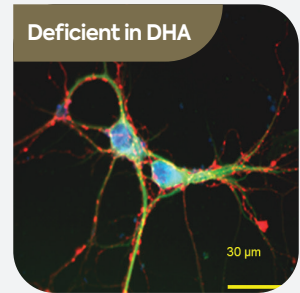
60% of dry weight is fat¹

DHA is one of the main fatty acids comprising that fat 20–50% DHA

Crawford M, et al, Am J Clin Nutr 1997;66(suppl):1032S–41S.



Adequate DHA

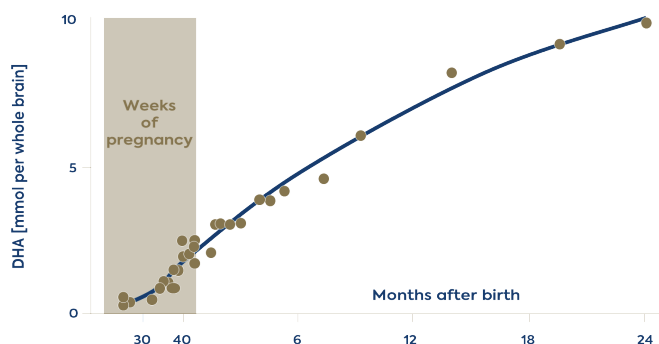


Deficient in DHA

Maternal DHA deficiency effects prenatal brain development.

The growth of neurones in the brain depends on synaptamide – a derivative of DHA

Cao et al (2009) J Neurochem, 111(2):510–21

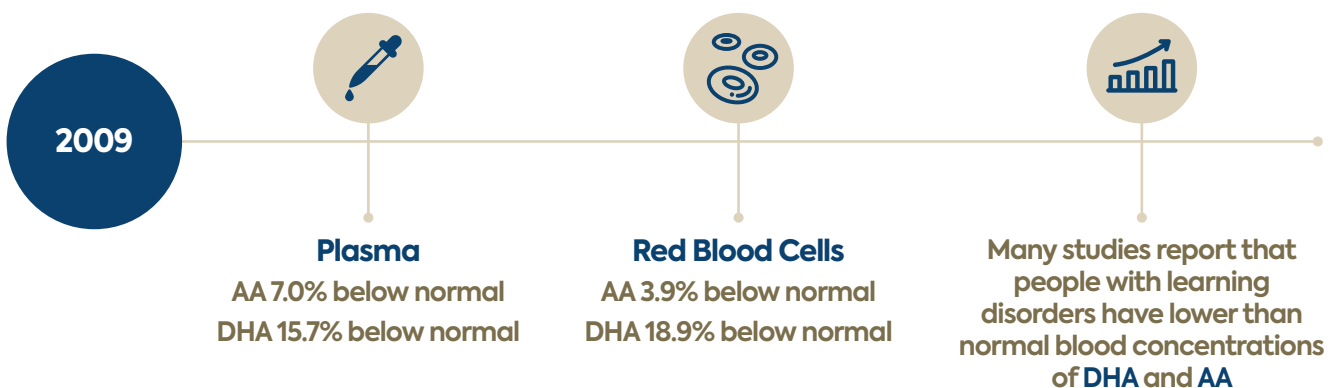


DHA in brain during pregnancy & year¹

Accumulation of DHA in the brain: most rapid during 3rd trimester of pregnancy, but continues throughout childhood and adolescence.

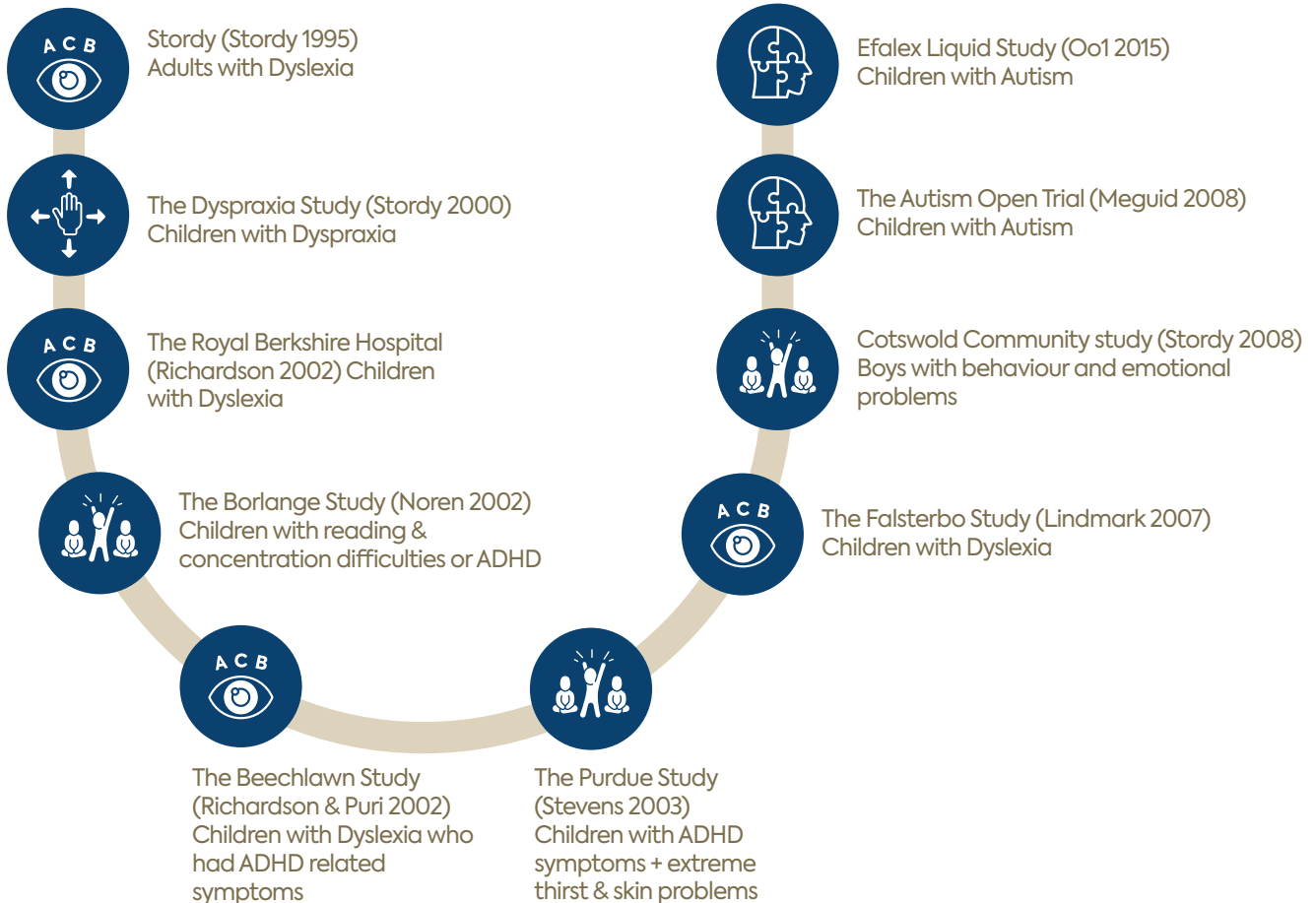
Martinez (1991), World Rev Nutr Diet; Carver et al (2001), Brain Res Bull

A meta-analysis of blood fatty acids in people with learning disorders



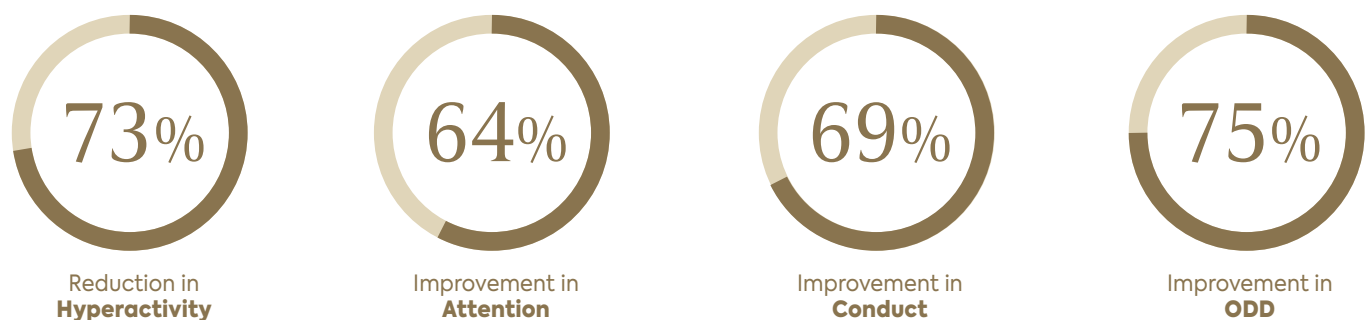
Morse N. 2009: 81:373–389.

10 clinical studies using EFALEX showed improvements in symptoms of learning disorders: ADHD, Dyslexia, Dyspraxia & Autism

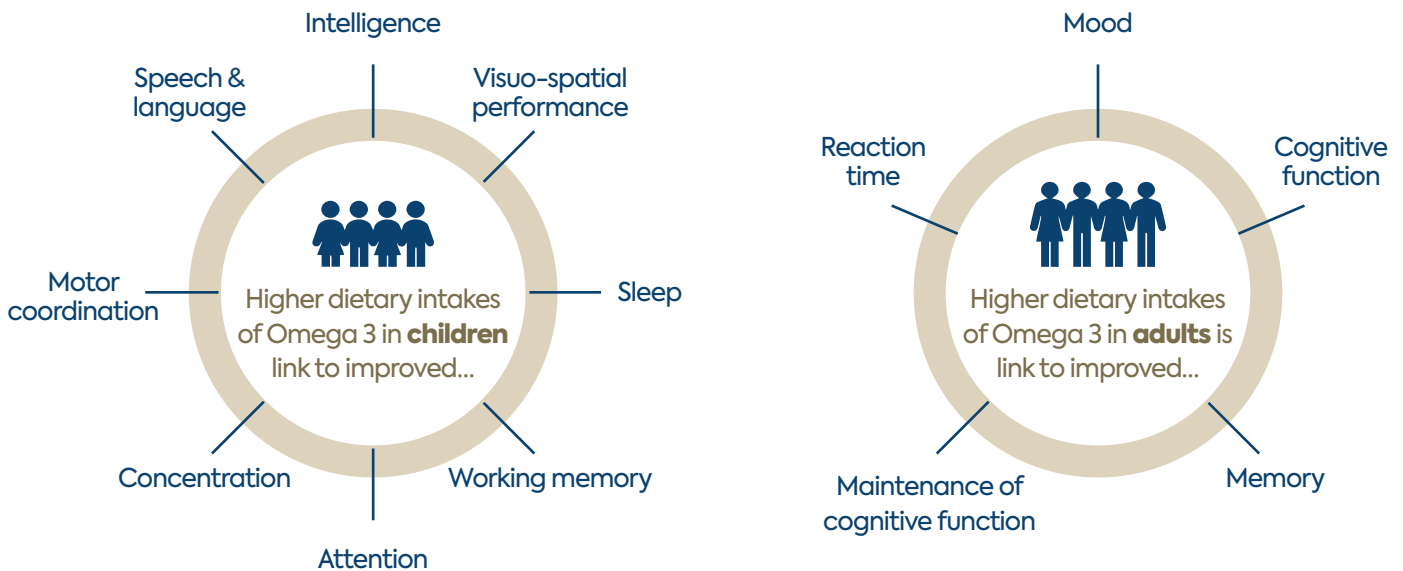


The Purdue Study (6)

% of Children saw improvements after taking Efalex continuously for 4 months in:



Dietary Intake Studies showing the importance of Omega 3 for Normal Brain Function



Omega-3 Supplementation intervention studies

