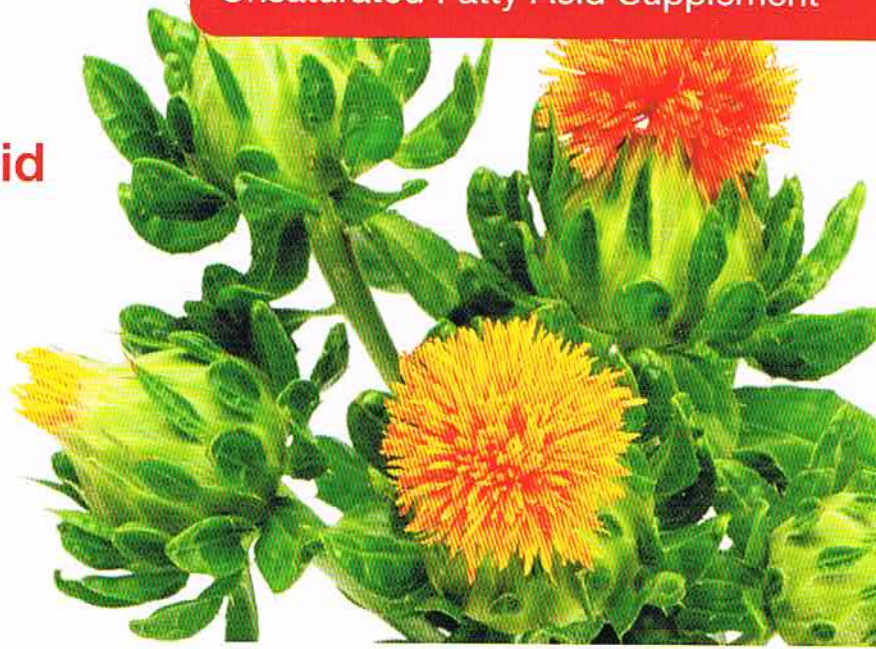


## Unsaturated Fatty Acid Supplement for an optimal lipid supply



Our bodies need specific fats because they are essential to the function of every human cell. Formula 4 provides a source of unsaturated fatty acids necessary for an optimal lipid supply to help maintain a good state of health, particularly during a reduced-fat diet.

### Key Benefits:

- Source of 'good' fats to provide essential fatty acids (EFAs) which the body cannot manufacture itself
- Tops up your body's daily requirements for EFAs.

### Why You Need It:

Our bodies need specific fats because they are essential to the function of every human cell. Formula 4 is a source of 'good' fats that provide your body with essential fatty acids.

Saturated fat is solid at room temperature; it comes from animals (meat, cheeses, eggs etc.) and palm kernel oil. These fats are not essential and are the type that encourage free radical damage, and should be kept to a minimum. The more solid (saturated) a fat is, the more difficulty your body has digesting it, and because of this, it is more likely to be deposited and stored.

Unsaturated fats include the essential fats your body uses to keep you warm, insulate nerve cells, balance hormones and keep your skin soft and supple. From here it gets a little more complicated: the unsaturated fats fall into two main groups - mono and polyunsaturated fats. Polyunsaturated fats split down into two further groups: Omega-3 (alpha linolenic acid) and Omega-6 (linoleic acid) essential fatty acids.

### Key Ingredients:

**Safflower oil** - supplies oleic, linoleic and linonic acids that complement your diet. Contains a higher source of poly-unsaturated fats than is found in any other type of vegetable oil.

### Did You Know?

To help your body gain the benefits of the good fats, it is important to balance your intake; reduce the fat in your diet to around 20% of your total calorie intake (50 grams or less), then split this down as follows: 4% Omega-6, 3% Omega-3, 7% monounsaturated and 6% saturated.

## order details



**SKU #0027**      **Formula 4 - Unsaturated Fatty Acid Supplement**

Volume Points: 3.70  
Packaged: 90 capsules (30 day supply)

### Directions For Use:

Take one capsule with each meal three times a day.