

Essential Fatty Acids (Oils)

Linoleic Acid (Omega-6)

18:2n-6

Omega-6:3 ratios:

Cottonseed, Safflower, Corn, Sunflower, Soy, Olive,
258:1 255:1 85:1 39:1 14:1 12:1

PGE1

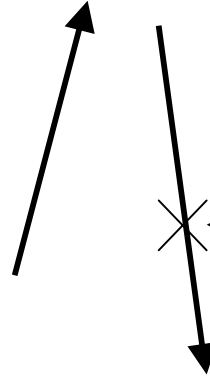
Prostaglandin E1
Vasodilator/increases
blood flow

DRUGS (NSAIDS)

Inhibit Enzymes

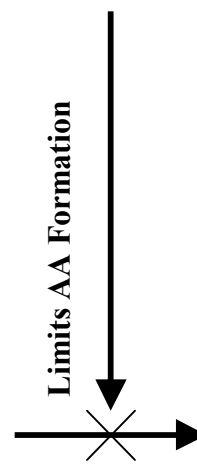
Cox 1 (Advil, Aspirin)
Cox 2 (Celebrex, Vioxx,
Advil, Aspirin)
Cox 3 (Tylenol)

Constricts Blood Flow



DHGLA
(DiHomoGammaLinolenic Acid)
20:3n-6

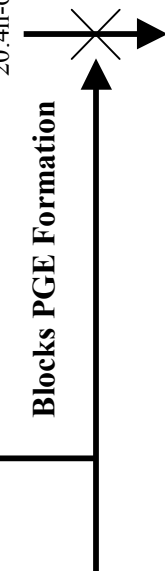
Limits AA Formation



Arachidonic Acid

AA
20:4n-6

Blocks PGE Formation



PGE2

Prostaglandin E2

INFLAMMATION

FIBROSIS

**VASCULAR
DISEASE**

PAIN

ARTHRITIS

**IMMUNE
SYSTEM
DYSFUNCTION**

**#2 CAUSE OF
FREE
RADICALS**

Alpha-Linolenic Acid (Omega-3)

18:3n-3

Omega-6:3 ratios:

Flax, Canola, Hemp, Walnut
1:7 2:1 3:1 4:1



Very Poor Conversion
2% - 2.7%

EPA

Eicosapentaenoic Acid
20:5n-3

Cold Water Fatty Fish
Strong Anti-Inflammatory



DHA

Docosahexaenoic Acid
22:6n-3

Cold Water Fatty Fish
**ESSENTIAL FOR PROPER
BRAIN FUNCTION**

**The Average American has an
Omega-6 to Omega-3 ratio
between 20:1 and 30:1**