

## Ask Your Healthcare Professional About These Products for Nutritional Support



*Optimal EFAs*<sup>®</sup>

**GlucoBalance**<sup>®</sup> - Healthy glucose levels depend on the presence of a wide range of micronutrients. The typical American diet, high in refined and processed foods, is often lacking adequate levels of these important nutrients. In addition, individuals with blood sugar disorders may have a special dietary need for higher amounts of micronutrients supplied by **GlucoBalance**<sup>®</sup>.

**ChondroSamine Plus**<sup>®</sup> - Connective tissues, like those found in joints, require adequate supplies of important nutrient building blocks to maintain their integrity. This is especially true following injury, or for those with chronic conditions such as osteoarthritis. **ChondroSamine Plus**<sup>®</sup> supplies a wide array of essential key nutrients, including forms that are unique to Biotics Research Corporation.

**Bio-Multi Plus**<sup>™</sup> is a versatile, balanced multiple vitamin and mineral supplement supplying unique forms of important nutrients available exclusively from Biotics Research Corp. Available in three versions: **Bio-Multi Plus**<sup>™</sup>, **Bio-Multi Plus**<sup>™</sup> Iron Free, and **Bio-Multi Plus**<sup>™</sup> Iron & Copper Free. Ask your clinician which formula is right for you.

**BioProtect**<sup>™</sup> supplies potent, broad-spectrum antioxidant support. Antioxidants have the ability to “scavenge” free radicals and inhibit their chain reactions. The multitude of antioxidants provided by **BioProtect**<sup>™</sup> play various roles and act in synergy to support the body’s natural defense mechanisms.

**Osteo-B Plus**<sup>®</sup> offers comprehensive nutritional support for bone health. The importance of calcium for bone health is well-known; however, new evidence clearly supports the view that multiple nutrients are essential to nurture the skeletal system. **Osteo-B Plus**<sup>®</sup> provides these essential nutrients.

**Intenzyme Forte**<sup>™</sup> is an outstanding and highly effective proteolytic enzyme formulation. It offers an effective treatment for muscle soreness and discomfort due to the rigors of overexertion. **Intenzyme Forte**<sup>™</sup> supplies important enzymes that offer additional benefits, including support for the immune system, hormone processing, circulatory system, and digestive system.

**B12-2000**<sup>™</sup> is a flavorful lozenge supplying sublingually absorbed B12, with folic acid and B6, nutrients negatively impacted by oral contraceptive use. **B12-2000**<sup>™</sup> provides nutrients that not only protect against neural tube defects, but also suppress homocystine levels in men and women.



**For more information, consult your  
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These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.

**Essential Fatty Acids**  
from Biotics Research Corporation

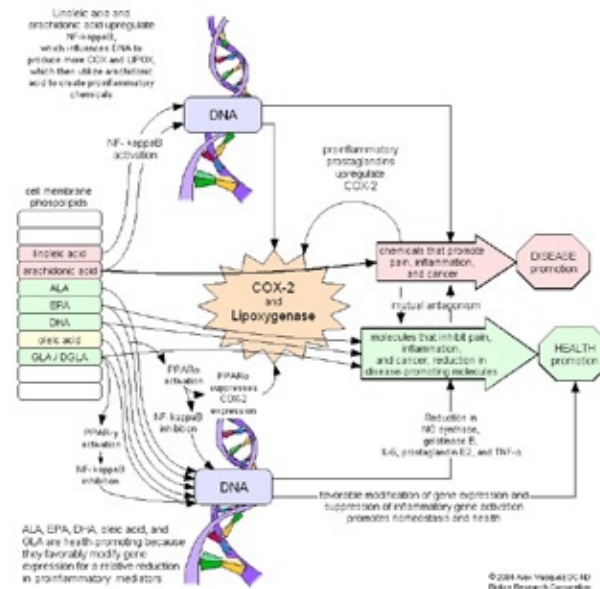
# Why Optimal EFAs®?

Fatty acid imbalances are common in societies like ours that consume an abundance of processed foods with artificial ingredients and hydrogenated (trans) fats, and have an over-reliance on grains. Essential fatty acid (EFA) deficits generally occur in combination; therefore, supplementation with a balanced combination of EFAs makes logical sense.

**Optimal EFAs®** supplies a unique blend of the highest quality fish, flaxseed and borage oils and provides balanced proportions of ALA, EPA, DHA, GLA, and Oleic acid, as indicated by current research to support good health.

Fish oils are a rich source of the long-chain polyunsaturated Omega-3 fatty acids, EPA and DHA. DHA is a vital component of cell membranes, and is especially important for optimal function of the brain and eyes. Both EPA and DHA are important for maintaining healthy blood lipids and inhibiting the conversion of arachidonic acid (a fatty acid associated with cancer and heart disease) into pro-inflammatory chemicals (such as prostaglandins and leukotrienes) that cause

pain and inflammation. The FDA recently established that increased consumption of EPA and DHA found in fish oils helps to protect against heart disease. Flaxseed oil is a very rich source of Alpha-linolenic acid (ALA), an Omega-3 polyunsaturated fatty acid, and Oleic acid, the same fatty acid attributed to the heart protecting effects of olive oil. Increased consumption of ALA inhibits the production of pro-inflammatory compounds (such as prostaglandins and cytokines) and inhibits platelet aggregation thus reducing the risk of arteria blockage.



## Supplement Facts

	Amount Per Serving	% Daily Value
Calories	40	
Calories from fat	40	
Total Fat	4.5 g	6%
Saturated fat	0	0%
Cholesterol	7 mg	3%
Proprietary Blend	4.5 g	
Fish Oil (Anchovy and Sardine)	*	
Flax Seed Oil	*	
Borage Oil	*	

\*Daily Value not established  
Percent Daily Values based on a 2,000 calorie diet

Each Serving of Optimal EFAs® provides:  
 ALA (Alpha-Linolenic Acid) . . . . . 630 mg  
 EPA (Eicosapentaenoic Acid) . . . . . 357 mg  
 DHA (Docosahexaenoic Acid) . . . . . 237 mg  
 GLA (Gamma-Linolenic Acid) . . . . . 252 mg  
 Oleic Acid . . . . . 459 mg

Ingredients: Fish oil (from anchovy and sardine), flax seed oil, borage oil, mixed tocopherols, ascorbyl palmitate, rosemary extract and natural lemon oil.

RECOMMENDATION: One (1) teaspoon each day as a dietary supplement or as otherwise directed by a healthcare

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The key message to remember is this – Americans generally consume too much Omega-6 fats (such as corn oil) high in linoleic and arachidonic acids, and too much hydrogenated “trans” fats, all of which promote inflammation. Additionally, we generally consume too little Omega-3s and other fatty acids which are known to be “health-promoting.”

Supplementation with health-promoting essential fatty acids such as ALA, EPA, DHA, GLA and Oleic acid found in **Optimal EFAs®** is well documented in current research to provide safe and effective support for overall health.



## Supplement Facts

	Amount Per Serving	% Daily Value
Calories	20	
Calories from fat	20	
Total fat	2 g	3% †
Saturated fat	0 g	0% †
Cholesterol	5 mg	2%
Proprietary Blend	2 g	
Fish oil	*	
Flax Seed oil	*	
Borage oil	*	

\*Daily Value not established  
†Percent Daily Values based on a 2,000 calorie diet

Each Serving of Optimal EFAs Caps® provides:  
 ALA (Alpha-Linolenic acid) . . . . . 280 mg  
 EPA (Eicosapentaenoic acid) . . . . . 159 mg  
 DHA (Docosahexaenoic acid) . . . . . 105 mg  
 GLA (Gamma Linolenic acid) . . . . . 112 mg  
 Oleic acid . . . . . 204 mg

Other ingredients: Capsule shell (gelatin, glycerin water and carb), mixed tocopherols, rosemary extract and ascorbyl palmitate.

Contains ingredients derived from Sardine, Anchovy or Tuna.

RECOMMENDATION: Two (2) capsules two (2) times each day as a dietary supplement or as otherwise directed by a healthcare professional.

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Borage oil is an excellent source of Gamma-linolenic acid (GLA), which is considered “the good Omega-6 fatty acid.” GLA’s main benefits come from its metabolites, which have anti-inflammatory properties and inhibit platelet aggregation. Like flaxseed oil, borage oil is also a source of Oleic acid. Oleic acid supports lower levels of blood glucose and lower insulin levels in type-2 diabetics, as well as healthy levels of blood lipids.

