



Balance Plus™

Providing Omega-3, Omega-6, and Omega-9 fatty acids

DESCRIPTION

Balance Plus™, available from Medical Wellness Associates, is a combination of nutritionally important, synergistically acting fatty acids: the omega-3 fatty acids from cold water marine fish (eicosapentaenoic acid, EPA; and docosahexaenoic acid, DHA), the omega-6 gamma-linolenic acid (GLA) from evening primrose oil, and the omega-9 oleic acid from olive oil. Balance Plus is now offered as a liquid-filled, two piece capsule.

FUNCTIONS

Typical diets in developed countries deliver large amounts of saturated fatty acids and the polyunsaturated omega-6 linoleic and arachidonic acids, but often not enough of the omega-3 and omega-9 fatty acids. Similar fatty acid imbalances can be the result of consuming very low fat diets. Diets high in linoleic acid (omega-6) and low in omega-3 fatty acids have been shown to promote the formation of the undesired 2-series prostaglandins, thromboxanes and leukotrienes, whereas diets high in omega-3 fatty acids (fish oil, flax seed oil) enhance the formation of desired prostaglandins of the 1 and 3 series. The omega-6 gamma-linolenic acid (GLA from evening primrose oil) is thought to downregulate the actions of excessive dietary linoleic acid. GLA and the omega-3 fatty acids appear to act synergistically in balancing normal immune function. Thus, a balanced dietary intake of all of these fatty acids appears to be necessary to maintain a normal immune response and

support the body's normal inflammatory processes. The omega-3 fatty acids also have important functions for visual acuity and possibly in maintaining already normal blood lipoprotein levels. Balance Plus serves as a pure, natural source of nutritionally beneficial fatty acids that are often hard to obtain from the diet. Rich in omega-3 fatty acids (EPA and DHA) from fish oil, the synergistic GLA from evening primrose oil, and omega-9 oleic acid from olive oil, Balance Plus helps restore balanced fatty acid nutrition. The formula also provides those nutrients that are needed to properly metabolize these fatty acids: niacin, zinc, and vitamins B6, C and E.

INDICATIONS

Balance Plus™ may be a useful dietary supplement for those who wish to increase their intake of nutritionally important fatty acids.

FORMULA (#99825)

Three capliques™ contain:

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|--------------------------------------|----------|
| Omega-3 fatty acids | 625 mg |
| Eicosapentaenoic Acid (EPA) | 325 mg |
| Docosahexaenoic Acid (DHA) | 180 mg |
| Omega-6 fatty acids | 227 mg |
| Gamma-Linolenic Acid (GLA) | 63 mg |
| Omega-9 fatty acids | 241 mg |
| Oleic Acid | 200 mg |
| Vitamin E (d-alpha-tocopherol) | 45 IU |
| Vitamin C (L-ascorbic acid) | 187.5 mg |
| Niacin | 15 mg |
| Vitamin B6 (pyridoxine HCl) | 3 mg |
| Zinc (as zinc gluconate) | 3 mg |

(Continued on reverse)

SUGGESTED USE

As a dietary supplement, adults take 3 Capliques™ daily as a dietary supplement, or as directed by your health care professional.

SIDE EFFECTS

No adverse side effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

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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.**

**Medical Wellness Associates
6402 Route 30
Jeannette, PA 15644
1-800-834-4325
www.vitamincoach.com
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