



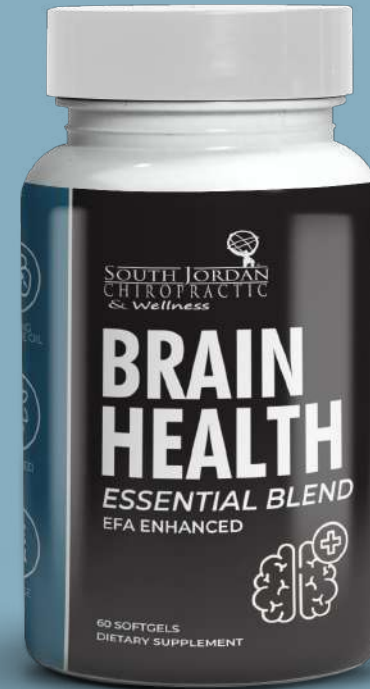
# BRAIN HEALTH

MAY BE JUST A DAY AWAY



ASK YOUR DOCTOR IF  
**BRAIN HEALTH**  
IS RIGHT FOR YOU.

*Fatty acids are crucial molecules that determine your brain's ability to perform. Taking the recommended daily EFA supplementation can help accomplish optimum brain health.*



EVENING PRIMROSE OIL



FLAXSEED OIL



BORAGE OIL

**(801) 446-5100**

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# BRAIN HEALTH ESSENTIALS



Fatty acids are crucial molecules that determine your brain's ability to perform and functional integrity. From early fetal and postnatal development, to retinal and development to visual cortex, EFAs play an integral role in brain structure. Additionally, EFAs serve as messengers and are involved in the synthesis and functioning of brain neurotransmission. As reported by Diets rich in Omega-3 fatty acids supports cognitive processes in humans and helps maintain synaptic function. Taking recommended daily EFA supplementation can help accomplish optimum brain health.

## Gps Enhanced Blend

200 mg each Borage, Evening Primrose Oil (EPO), Fish Oil, Flax

## Borage Oil

Borage seed oil is a nutritional supplement rich in essential fatty acids that help regulate the body's immune system and fight joint inflammation. The high gamma linolenic acid content (GLA) found in Borage Oil has been found to reduce swelling and pain due to inflamed joints. GLAs have also been found to increase bone health by enhancing calcium absorption and deposition of calcium into bones.

## Evening Primrose Oil (EPO)

EPO is rich in polyunsaturated omega-6 fatty acids that can help control pain and inflammation. EPO contains

2-15% GLA and 70% linoleic acid. GLA is important in maintaining a joint's cell structure and function.

## Fish Oil

Omega-3 polyunsaturated fatty acids (PUFAs) are considered essential fatty acids because the body's ability to synthesize them is limited. They are essential to human health, and it is now recognized that EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) have to be consumed as part of a normal diet. The GPS speciality blend of long-chain omega-3 fatty acids are contaminant-free, superior stability, odourless, and minimal aftertaste.

## Flax

Flaxseed oil contains both omega-3 and omega-6 fatty acids. Flaxseed also contains the essential fatty acid

## SUPPLEMENT FACTS

| <b>Serving Size:</b> 2 softgels   | Amount per | % Daily |
|-----------------------------------|------------|---------|
| <b>Servings per Container:</b> 30 | Serving    | Value   |
| <b>Calories</b>                   | 15         |         |
| <b>Total Fat</b>                  | 1.5 g      |         |
| <b>Evening Primrose Oil</b>       | 400mg      | **      |
| <b>Borage Oil</b>                 | 400mg      | **      |
| <b>Flaxseed Oil</b>               | 400mg      | **      |
| <b>Marine Lipid Concentrate</b>   | 400mg      | **      |

\* The Percent Daily Value (%DV) is based on a 2,000 calorie daily diet.

\*\*Daily Value not established

Other ingredients: Gelatin, Glycerin, Purified Water, D-Alpha Tocopherol.

Contains: Fish.

alpha-linolenic acid (ALA). ALA plays a key role in metabolism and energy production and serves as an anti-oxidant, protecting our cells from damage and reducing inflammation. Flax also contains lignans, which have both plant estrogen and antioxidant qualities.