

"Are You Getting Enough Fat In Your Diet?"

You do all you can to rid yourself of the unwanted, unsightly, even "killer" fats, but what are you doing to make sure you have the healing fats that are required for life? In reality, fat is necessary in your daily diet for the manufacture of hormones, proper brain function and joint lubrication. Eliminate fats completely, and your muscles shrink dramatically, and your energy and strength levels go with them.

Now that doesn't mean you should start mixing in a tub of cream cheese, or a triple-meat cheeseburger with your protein shake. You need *specific forms* of fat called Essential Fatty Acids or EFAs.

EFAs Play an Instrumental Role in Protecting Muscle During Any Calorie Shortage (like when you diet).

EFAs are crucial fats, and are the most misunderstood of all nutrients. Your body cannot produce them - you have to get them through your diet. EFAs heal, carry vitamins, enhance metabolism and bring oxygen to the tissues...the benefit list is long, but here are some of the qualities you'll want to know about:

- EFAs act as "solvents" to remove stored fat.
- Supports Muscle Growth and Fat Metabolism
- Plays an important role in health, circulation and combating inflammation.
- Supports fat burning, metabolic rate, and energy levels.

EFAs Preserve Muscle, Turn Food into Energy, Act as Anti-Oxidants & Balance Insulin Sensitivity!

Essential Fatty Acids are long-chain polyunsaturated fatty acids derived from linolenic, linoleic and oleic acids. There are two families of EFAs: Omega-3 and Omega-6. Omega-9 is necessary yet, "non-essential" because the body can manufacture a modest amount on its own, provided essential EFAs are present they play an instrumental role in increasing the body's ability to accept insulin.

Insulin is a hormone produced by the pancreas and it's responsible for carrying the carbohydrates and amino acids into the liver and muscle cells. This is largely oversimplified but if your body's sensitivity to insulin is low it will secrete more insulin.

Too much insulin in your system causes low blood sugar and increased fat storage. Muscle growth then slows down because the cells will not be able to get as many amino acids as they should. Can you see how important it is to have an efficient insulin metabolism for you to reach your goals? EFAs are crucial for ensuring that this system is optimized.

In addition, research indicates that EFAs have an affect in directing carbohydrates into glycogen storage and also direct fatty acids toward energy production. In other words, it helps carbs get into the muscle and the liver, which keeps the muscle cells looking full and pumped and supports energy production because your liver glycogen (stored carbs) is full.

EFAs Help Remove Bad Fat and Shorten Recovery Time

EFAs also help you by preventing fat from being synthesized into body fat...and instead, turns them into energy (something that again helps you get leaner while increasing your energy production). They also fight inflammation which can take your recovery up from a *snail like* crawl to a *cheetah like* sprint!

Steven Wade



EFA's For Bodybuilding

Now let's summarize the benefits of EFAs for bodybuilding. EFAs have been shown to increase metabolic rate, discourage fat storage, and encourage the burning of stored body fat. In fact, even if you keep your percentage of calories from fat the same, but replace saturated fats with EFAs, you will cause a major shift towards leanness. This makes EFAs a potent fat-burning facilitator, metabolic amplifier and fat-storage nullifier. The effects are almost impossible to believe!

But that's still not all. EFAs also have positive benefits to all the major muscle-building hormones. We've already discussed their effect on insulin sensitivity, which is hugely important in bodybuilding. They also help with hormone synthesis (including providing the structural basis of testosterone). And if that isn't enough, EFAs have a positive effect on growth hormone release and are vital to proper functioning and manufacturing of eicosanoids and prostaglandins.

The Gold Standard of EFA Supplements

While EFAs are like vitamins in their essentiality, they differ in other respects. Vitamins are required in small amounts (a few mg per day) whereas EFAs are macronutrients, necessary in grams per day. EFAs are also perishable; they deteriorate rapidly when exposed to light, air, heat and metals. Unlike vitamins, EFAs cannot be dried, powdered and stored for several years.

EFA sensitivity makes careful processing and freshness extremely important. To ensure you get effective EFAs, choose Beverly International's **EFA Gold** formula. This is a unique blend of three rich sources of essential fatty acids: flaxseed, borage and fish oil, in an easy to take gel cap. These work synergistically for enhanced effectiveness.

Beverly's **EFA Gold** formula is not only perfect while on a low calorie diet, but is imperative for overall health and well being. The minimum recommended intake is 1.5 g of each omega-3 and omega-6 fatty acids from food and supplemental sources.

This unique Essential Fatty Acid blend has a list of advantages that is almost endless, and scientists are discovering new health benefits from using them every day. We know that you work hard to get rid of the fat you don't want, let **EFA Gold** do the work to make sure you get the fat you need!

Try Beverly's EFA Gold, the finest essential fatty acid formula ever.

Use it everyday to help ensure you are the best you can be.

Here are 3 Easy Ways to get EFA Gold:

- 1. Ask for it at your health food store, gym, or trainer.**
- 2. Call our toll-free order line 800-781-3475.**
- 3. Order online at www.beverlyinternational.com/store.**

"We're betting EFA Gold will become one of your favorite supplements. In fact, we guarantee it. Call 800-781-3475 today and see for yourself."

**Look What's Inside
EFA Gold**

Supplement Facts:

Container Size: 90 Capsules
Serving Size: 3 Capsules
Servings Per Container: 30

Amount Per Serving:

Calories	30
Calories from fat	30
Total Fat	3g
Polyunsaturated fat	1.5g
Vitamin E	15 IU
(as d-Alpha Tocopherol)	

Ingredients:

Flaxseed Oil	1200mg
Borage Seed Oil	1200mg
Fish Oil (50% Omega-3)	1200mg

These three oils typically provide the following Essential Fatty Acid Profile:

Omega-3 Fatty Acids 1260mg

Alpha Linolenic Acid (ALA)	660mg
Eicosapentaenoic Acid (EPA)	360mg
Docosahexaenoic Acid (DHA)	240mg

Omega-6 Fatty Acids 804mg

Linoleic Acid	540g
Gamma Linolenic Acid (GLA)	264mg

Omega-9 Fatty Acids (Oleic Acid) 456mg

Other Ingredients:

Gelatin, Glycerin. Contains fish (anchovy, sardine, salmon, herring) ingredients.

Suggested Use:

Take 3 capsules daily or as directed by your physician.

On a restricted Calorie Diet to Ensure Adequate Intake of Essential Fatty Acids: Take 2-3 capsules EFA Gold three times daily with meals.