

F-COMPLEX

Ingredients: Cod Liver 500mg, Flaxseed Oil 135mg, Extra Virgin Olive Oil 135mg, Vitamin A (31% RDA) 1,190i.u, Vitamin D (23.8% RDA) 124i.u, as well as naturally-occurring fatty acids Oleic, Linoleic, Palmitic, Arachidic and Linolenic, Eicosapentaenoic, and Docosahexaenoic.

Supportive Function: F-complex provides a comprehensive formula of essential fatty acids in a favorable ratio. It includes sources of linoleic acid, omega 3 fish oils, and alpha-linolenic acids. Getting the right balance of essential fatty acids, although challenging in this day and age, is vital to the health of organs and tissues, especially skin. Fatty acids are building blocks for hormones and cell membranes and precursors for the highly active prostaglandins.

When are essential fatty acids helpful? Inflammation, skin conditions (psoriasis, eczema and dermatitis), allergies, heart disease, hypertension, premature aging, autoimmune disorders, ulcerative colitis, neonatal development, arthritis, immune impairment, PMS, reduced sex drive, menopause and fibrocystic breast disease.

Clinical Applications/Research: Cardiovascular: Fish oil (omega-3/n-3) seems to have many beneficial effects on the cardiovascular system. In fact, "The mechanisms by which dietary n-3 fatty acids might modulate the morbidity and mortality from coronary heart disease have been related to their effects on plasma lipids and lipoproteins, eicosanoid metabolism, and platelet-endothelial cell interactions. In addition, more recent studies have shown positive effects on myocardial function and blood pressure" (AJCN 1993; 57:634). Since fish oil does thin the blood, it may increase risk of stroke from hemorrhaging.

Gastro-intestinal complaints: The effect of fish oil on ulcerative colitis was investigated in 87 patients. Treatment with fish oil resulted in, "measurable clinical benefit" - They suggested fish oil could also be working by a beneficial effect on cytokines, by scavenging free radicals, and by increasing intestinal mucosal surface area. Additionally, they noted that fish oil is used as a treatment for a variety of chronic inflammatory disorders (NEJM 1996; 334:1557-1560).

Brain/Visual Development: Artificial formulas, unlike human milk, do not contain any long-chain polyunsaturated fatty acids (PUFA's). The PUFA's found in fish oil, such as docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA), are an example of very long chain PUFA's. Their high degree of unsaturation is needed for membrane fluidity. Arachidonic acid, along with DHA, is an essential requirement for proper brain function, especially in the fetus and neonatal subject.

Immune System: Fish oil may very well have an important role to play in reducing the incidence of autoimmune diseases, because it can inhibit the inappropriate expression of certain molecules on the cell surface (MHC class II) that are involved with initiating autoimmune disease.

Testimonials/Nutrient Tidbits: Beautiful skin: I believe that Cod Liver Oil will be the next big "discovery". It has always been one of my favorites! Everyone in my family

was lined up every morning and given a spoonful of Cod Liver Oil. I grew up on this stuff! We are all in our 60's and up and it is so interesting, all of us have excellent skin and hardly any wrinkling. My Dad is 85 and doesn't have a wrinkle on his face. He has been in the sun and the wind all of his life. My grandmother passed away at 97 and had beautiful skin. I truly believe it is the Cod Live Oil. F-Complex has so many therapeutic benefits as an unsaturated fatty acid that we all know about, but almost no one thinks of it as a true "beauty vitamin". I think it does wonders for hair, skin and nails. It is a mixture of Cod Liver Oil, Olive Oil and Flaxseed Oil. I believe that dry skin starts from the inside – NOT the outside! If you have dry skin problems start with 2 caps 3 X per day for a couple of weeks and then 1 cap 3 X per day indefinitely. When you see people with cracked heels and hands, this is a deficiency of GOOD fat! All of these low fat diets are causing more problems than they are helping. There are definitely fats you should not consume, but please don't cut out the GOOD fats – they are essential for your well-being and your beauty! (Marcia White)

Heel and Bone Spurs: As you know, calcium must be in an acid base to stay in solution. When the patient starts putting out bone spurs that is an indication of alkalinity. I used this nutritional support for years in my practice and it almost always worked! Calc-Acid: 2 tabs 4 X per day, Phos drops: 30 drops per day, F-Complex: 1 pearly 3 X per day. If the patient starts to yawn excessively, or starts having heartburn/acid stomach, it is time to reduce the regimen. It usually takes about 1-3 months to adequately acidify and get the calcium back into solution (Paul White, D.C.)

Reduced sex drive: My clinical experience suggests that this product often seems to help women who have reduced sex drives and occasionally helps men too (R Thiel, D.C.).

Cholesterol problems: When I have a vegetarian patient with really high cholesterol problems, I always put them on F-Complex and it works wonders. If I have a meat eater, I combine F-Complex with Lipotropic Factors and that seems to do the trick. (A. Hare, D.C.)

Osteoporosis: I always use F-complex (3/day) in combination with Re-cal B (4-6 per day) when treating for osteoporosis. The omega-3's are very necessary and this combination works very well. I also use F-complex in injury and for dry skin and get excellent results. (B. Markham, D.C.)

Suggested Dosage: 1-2 capsules 3 times daily or as directed

Size: 90 capsules

Vegetarian: No

Contraindications: Since fish oil does thin the blood, large doses may increase risk of stroke from hemorrhaging. Fish oil has been used in combination with anticoagulant therapy; however, caution should be employed when larger doses are used. Hyperparathyroidism or sarcoidosis patients should avoid vitamin D supplementation. Hypercalciuria and hypercalcemia are usually not seen unless the daily dose exceeds 2400 IU. Medicinal amounts of any vitamin, mineral or specialty nutrient should only be taken with the advice of a trained licensed healthcare professional. If digestive upset is present, check gallbladder function and check for potential blockage of the bile duct.