



A Closer Look at Fats

The Good, the Bad and the Essential

by Courtney Hammond

Fats can strike fear in anyone on a weight-management plan, and for good reason. The wrong kind of fats can certainly derail your best plans, not to mention wreak havoc on your heart and cholesterol levels. Yet, other fats actually help your brain and heart functions. Take a closer look at fats and the NSP products that can help you get a handle on them, whether you're looking for weight support, better health or both.

The Good Fats

Every fat is made of a chain of fatty acids linked together by carbon bonds. The difference between unsaturated and saturated fats is the type of bond between the carbon atoms. The carbon atoms in saturated fats are linked through single bonds, allowing room for hydrogen atoms to bond to the carbon atom and “saturate” the fatty-acid chain. Unsaturated fats, or “good fats,” contain one or more double bonds between carbon atoms in the chain, eliminating some hydrogen atoms.

Monounsaturated fats contain one double bond. These types of fats have been shown to lower total cholesterol and LDL cholesterol and provide nutrients for body cells. Monounsaturated fats are also typically

high in vitamin E and are liquid at room temperature. They can be found in olive oil, canola oil, peanut oil, sunflower oil, sesame oil and in foods such as avocado, peanut butter and many kinds of nuts and seeds.

Polyunsaturated fats contain more than one double bond. These fats include the omega-3 and omega-6 essential fatty acids—important fats that are crucial for brain growth and development and cardiovascular health, yet cannot be produced by the body and must be obtained through the diet. Foods high in polyunsaturated fats include soybean oil, safflower oil, corn oil, fatty fish, walnuts and sunflower seeds.

The Bad Fats

Saturated fats have been linked to cardiovascular disease, diabetes and other health problems. These fats are typically solid at room temperature and are found in dairy products, animal fats, coconut oil and palm oils.

Another type of bad fat is **trans fat**, also called partially hydrogenated fat. Trans fats are manufactured by adding hydrogen (hydrogenating) to unsaturated fats in an effort to increase the shelf life of processed foods. Trans fats have been linked to coronary heart disease, increased cholesterol and type 2 diabetes and are commonly found in baked goods and fried foods.

Nature's Sunshine offers powerful supplements to help you obtain beneficial dietary fats, as well as avoid the fats that can wreak havoc on your health and weight.

Super Omega-3 EPA

Super Omega-3 EPA is a source of two healthful omega-3 fatty acids: EPA and DHA. These important fatty acids are some of the primary components of cell membranes. Supportive but not conclusive research shows that consumption of EPA and DHA may reduce the risk of coronary heart disease. Omega-3 fatty acids are also beneficial to the structural system and to the skin. Super Omega-3 EPA contains approximately 1,000 mg fish oil, with a ratio of 33:16 EPA to DHA per softgel. It also contains lemon to significantly reduce the aftertaste from fish oil and to reduce gas.

Flax Seed Oil with Lignans

Flax Seed Oil is a rich source of omega-3 fatty acids—containing twice as much omega-3 as common fish oil products. It also contains lignans—substances known to stimulate immune activity—and linoleic acid, another essential fatty acid. Available in softgel or liquid.

CLA

CLA, or Conjugated Linoleic Acid, is a mixture of essential fatty acids with health and weight benefits. CLA can help modify body composition by sustaining lean muscle tissue and enhancing lipolysis. It has also been shown to be effective in helping to maintain cholesterol levels already within the normal range.

DHA

DHA is one of the most abundant fatty acids in the brain. It is required for brain development and important in maintaining and protecting neural tissue. Each softgel contains 250 mg DHA and 50 mg EPA in a base of fish oils and natural lemon.

Super GLA Oil Blend

Super GLA Oil Blend provides generous amounts of essential omega-6 fatty acids from evening primrose, black currant and borage oils. It also provides omegas 3 and 9! In the body, these can be converted into eicosanoids—prostaglandins that regulate many vital bodily functions and processes. These compounds may affect circulatory system health, skin and joint health, immunity and nerve function.

Fat Grabbers®

Reducing the level of fat in the diet is part of most weight-management plans. Fat Grabbers provides natural ingredients to bind some dietary fat in the small intestine and interfere with the absorption of that fat. Fat Grabbers contains guar gum, psyllium hulls, chickweed leaf extract and lecithin.



| Stock No. | Product | Direct Cost | QV Points | Mem. to Mem. | Sugg. Retail |
|-----------|--|----------------|-----------|--------------|--------------|
| 1515-7 | Super Omega-3 EPA (60 softgels) | \$21.95 | 21.95 | \$25.25 | \$32.95 |
| 3162-1 | Flax Seed Oil w/ Lignans (8 fl. oz.) | \$20.75 | 20.75 | \$23.90 | \$31.15 |
| 1583-6 | Flax Seed Oil w/ Lignans (60 softgels) | \$14.75 | 14.75 | \$17.00 | \$22.15 |
| 3010-1 | CLA (75 softgels) | \$32.25 | 32.25 | \$37.10 | \$48.40 |
| 1513-5 | DHA (60 softgels) | \$17.95 | 17.95 | \$20.65 | \$26.95 |
| 1844-5 | Super GLA Oil Blend (90 softgels) | \$21.45 | 21.45 | \$24.70 | \$32.20 |
| 3035-9 | Fat Grabbers (120 capsules) | \$15.50 | 15.50 | \$17.85 | \$23.25 |
| 3030-4 | Fat Grabbers (360 capsules) | \$39.95 | 39.95 | \$45.95 | \$59.95 |