

OMEGA 6:3 RATIOS IN BODY TISSUE

Omega 3 fatty acid (ALA-Alpha Linolenic Acid) is essential for life and must be obtained from food. EPA and DHA are derivatives (made from) of Omega 3 and are NOT essential for life. EPA and DHA can be made in the body as needed and are predominantly found in fish.

Omega 6 fatty acid (LA-Linoleic Acid) is also essential for life and must be obtained from food. Your body requires approximately 11 times more Omega 6 than Omega 3. If your cells do not have enough of the correct healthy fats, your cells will compete to get whatever they can to keep you alive, even if it's adulterated/processed which results in health issues.

Omega 6 and Omega 3 are Parent Essential Oils (PEO)...They are essential for life and healthy cellular functioning. Efamol is pure Omega 6. There are only a few fish oils that are not re-esterfied (heavily processed/modified from their natural state), such as pure Cod Liver Oil.

Ratio of Tissue Composition

Tissue	% of Total Body Weight	Omega 6 PEO	Omega 3 PEO
Brain/Nervous System	3	100	1
Skin *	4	1000	1
Organs & Other Tissues	9	4	1
Adipose Tissue (body fat)	15-35	2	1
Muscles	50	6.5	1

* *There is virtually no Omega 3 in skin tissue*

Percentages of linoleic acid (LA) & alpha linolenic acid (ALA) in Plasma *

Fatty Acid	Plasma % (Unesterfied)	Plasma % Triglycerides	Plasma % Phospholipids	Plasma % Cholesterol Esters
Omega 6 (LA)	17	19.5	23	50
Omega 3 (ALA)	2	1.1	0.2	0.5
Omega 6:3 ratio	8.5 : 1	17.5 : 1	115 : 01	100 : 1

* *Plasma is the largest component of your blood and makes up more than half (about 55%) of overall blood content. Plasma carries water, salts, enzymes, proteins, hormones and nutrients throughout the entire body.*