

# Max EFA

## Essential Fatty Acid Complex†

There are a number of benefits essential fatty acids and healthy fats have to offer. Our society has labeled fats as something to avoid. Nothing could be further from the truth and as a result it is estimated that as many as 80% of Americans are deficient in essential fatty acids. What is even more surprising is that in spite of the majority of Americans trying to avoid fats, we have an overwhelming rate of obesity today. One of the key roles essential fatty acids play is to help regulate hormones. When hormones are not functioning correctly we run a risk of experiencing a myriad of health problems.

Many of the essential fatty acids are derived from animal fats and now that we know the dangers of high cholesterol many of us are avoiding eating animal fats. Studies are linking these amazing fatty acids and variations of them to lowering bad cholesterol (LDL), increasing good cholesterol (HDL), stimulating metabolism, improving hormone functions, strengthening the immune system, decreasing the risk of certain cancers, combating depression and promoting healthy skin and hair.† The list of benefits for essential fatty acids continues to grow daily.

MM Sport Nutrition has created Max EFA for our customers who are maintaining a low calorie or low-fat diet and reducing animal fat consumption. However, studies indicate that supplementing with Essential Fatty Acids like the ones found in Max EFA can benefit those eating an unhealthy diet high in saturated fats. This formula will provide you with a balanced blend of all the essential fatty acids as well several variations of them. The following information describes the importance of each of the key EFA's and why this formula can help you maintain optimal health.

**Max EFA** is a synergistic and proprietary formula, comprised of the following essential fatty acids:

**FlaxSeed Oil:** Flaxseed Oil is considered to be the world's richest sources of two very important EFA's. These two essential fatty acids are alpha linolenic acid, an Omega-3 fatty acid, and CIS-linoleic acid, an Omega-6 fatty acid.

**Wheat Germ Oil:** Wheat Germ Oil contains several very important nutrients. This includes all of the Omega fatty acids, 3, 6 and 9 fats. In addition to this, it is rich in the nutrients Octacosanol and Vitamin E.

**Conjugated Linoleic Acid (CLA):** CLA is not actually an essential fatty acid, but a variation of linolenic acid, which is one of the essential omega 3 fatty acids. There have been substantial studies suggesting that CLA may increase metabolism and energy as well as help reduce the risk of certain types of cancers.†

**Evening Primrose Oil (EPO):** EPO is the most popular source of GLA (Gamma Linolenic Acid). This is another variation of linolenic acid, that has some very exciting research behind it.

**Borage Seed Oil:** Borage Seed Oil is the most potent source of GLA. The benefits and research are very similar to Evening Primrose Oil, and the research is very exciting because it contains a much higher concentration of GLA.

The proprietary and synergistic components that make up **Max EFA** cover the entire spectrum of essential fatty acids and variations of them. The MM Sports Nutrition Research Team is confident that this is the best EFA formula available on the market today.



**Size:** 120 Capsules (1,000 mg each)

**Serving Size:** 4 Capsules

**Servings Per Container:** 30

### KEY FEATURES

- Improves Hormone Secretion†
- Strengthens Immune System†
- Rich in Omega 3, 6 & 9 Fatty Acids
- Stimulates Metabolic Function†

### KEY MESSAGES

- Synergistic and proprietary formula comprised of Flaxseed Oil, Wheat Germ Oil, CLA, Evening Primrose Oil and Borage Oil.†
- Flaxseed Oil is considered to be the world's richest source of alpha-linolenic acid, an Omega-3 fatty acid and CIS-linoleic acid, an Omega-6 fatty acid.†
- Includes the Omega fatty acids, 3, 6 and 9 fats as well as Octacosanol and Vitamin E.†
- Contains CLA which has been shown to increase metabolism and energy.†
- Contains Gamma Linolenic Acid (GLA).†
- It is estimated that as many as 80% of Americans are deficient in essential fatty acids.†
- One of the key roles essential fatty acids play is to help regulate hormones. When hormones are not functioning correctly we run a risk of experiencing a myriad of health problems.†
- Studies are linking these amazing fatty acids and variations of them. The list of benefits for essential fatty acids continues to grow daily.†

### TARGET MARKET

Everyone should be taking a quality essential fatty acid supplement to support normal hormone functions, immune system and overall health.

### RECOMMENDED STACK

- High 5 or MaxPro
- Vit-Acell
- Joint Relief
- Max Complete
- Amino Max
- Max BCAA
- Max Glutamine

Your assurance of quality®

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[www.maxmuscle.com](http://www.maxmuscle.com)

# Max EFA

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## Supplement Facts

Serving Size: 4 Capsules  
 Servings Per Container: 30  
 Calories from Fat: 36

	Amount Per Serving	% DV*
Flaxseed Oil	1800mg	*
Wheat Germ Oil	800mg	*
CLA (Conjugated Linoleic Acid)	600mg	*
EPO (Evening Primrose Oil)	400mg	*
Borage Seed Oil	400mg	*

\*Daily value not established.

**Ingredients:** Flaxseed Oil (Alpha-Linolenic Acid - Omega-3), Borage Seed Oil, Conjugated Linoleic Acid - Omega-6, Wheat Germ Oil, Caporic Acid, Caprylic Acid, Capric Acid, Lauric Acid, Gamma Linolenic Acid - Omega-6, Palmitic Acid, Stearic Acid, Oleic Acid - Omega-9, Euric Acid.

**Directions:** Suggested Dosage: 4 capsules daily.  
 dosage Option: Preferably 2 in the morning and 2 in the evening.

**Note:** Should be avoided by persons taking blood-thinning products such as aspirin and warfarin. Not recommended people with temporal lobe epilepsy. Probably best avoided during pregnancy due to effects on hormones.

STORE IN A COOL, DRY PLACE AWAY FROM MOISTURE, SUNLIGHT AND EXCESS HEAT. ALWAYS KEEP TIGHTLY SEALED.

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.

