

BEPO (Bio Essential Plant Oil - 2.5:1 Omega-6:3 ratio)

Essential Fatty Acid (EFA) Health Benefits:

- Reduces inflammation
- Regulates blood clotting and immune response
- Balances mood and hormones
- Supports healthy cell membranes, cellular metabolism, brain and nervous system function, and uptake of fat-soluble vitamins
- Improves energy, circulation, oxygen uptake, and conversion of ALA to EPA & DHA

BEPO is a blend of organic essential plant-based oils, with balanced ratios of omega-3 and omega-6 EFAs from flax, evening primrose, sunflower and pumpkin seed oils. The omega-3 fatty acids are derived from linolenic acid with ALA (alpha-linolenic acid) that further converts to EPA (eicosapentaenoic) and DHA (docosahexaenoic acid) in the body. The omega-6 fatty acids are also derived from linolenic acid and converts to GLA (gamma-linolenic acid), providing protective and anti-inflammatory properties.

Fatty acids are the most important component of all cell membranes throughout the entire body. Without fatty acids, essential biological functions are not possible including: cellular communication, hormonal production, regulation of the inflammatory response, cellular growth and metabolism, and proper functioning of all tissues.

Traditionally, fatty acids are associated with cardiovascular health. Research shows fatty acids provide prevention of hypertension, coronary heart disease, metabolic conditions including Type 2 diabetes, inflammation including rheumatoid arthritis, ulcerative colitis and Crohn's disease, cancer and chronic obstructive pulmonary disease^{1,2}. Daily intake of fatty acids is essential for good health.

The body manufactures most fatty acids except for two essential fatty acids (EFAs): Alpha-linolenic acid (omega-3) and Linolenic acid (omega-6). Since these essential fatty acids cannot be synthesized within the body, they must be obtained either

through the diet or supplementation. It is crucial to incorporate a balanced ratio of good quality omega-3s and omega-6s in your daily diet. Intake of too much omega-6s can compete with and inhibit omega-3s, negatively affecting the biological functions in the body.

Also, a typical Western diet high in omega-6s from highly refined and processed foods, and vegetable oils tends to promote inflammation. Instead, a proper ratio of healthy omega-6s to omega-3s will reduce the risk of many chronic diseases³. It is important to have a diet and supplementation rich in naturally occurring omega-3 fatty acids to support cell membrane formation, oxygen uptake, improved circulation and decreased inflammation⁴. The omega-6 fatty acid in the form of GLA further promotes reduction of inflammation in the body⁴.

When deciding on the type of fatty acids to take, plant-sourced omega-3 oils are more stable and less likely to decompose into free radicals compared to fish-derived omega-3 oils.⁵ Consuming plant-derived ALA combined with plant-derived omega-3s will support conversion to EPA and DHA, without concern of mercury or other environmental toxins. BEPO is an ideal plant-based oil combo of omega-3s and omega-6 to provide EFAs for optimal health.

Additional Benefits of BEPO:

- Omega-3s from flax, sunflower & pumpkin oils
- Omega-6s from evening primrose & sunflower oils
- Includes MCT coconut oil & vitamin E
- 100% plant-based (vegan) & certified organic
- Guaranteed amounts of flax & evening primrose oils
- Bottled with argon to prevent oxidation of oils
- In brown glass, no plastic-oil chemical reaction
- Non-drip spout

References:

1. Simopoulos AP. Essential fatty acids in health and chronic disease. *Am J Clin Nutr.* 1999;70:560S-569S.
2. Calder PC. Functional Roles of Fatty Acids and Their Effects on Human Health. *JPEN J Parenter Enteral Nutr.* 2015 Sep;39(1 Suppl):18S-32S. doi: 10.1177/0148607115595980. Epub 2015 Jul 15.
3. Simopoulos AP. The importance of the omega-6/omega-3 fatty acid ratio in cardiovascular disease and other chronic diseases. *Exp Biol Med (Maywood).* 2008;233:674-688.
4. Kapoor R, Huang YS. Gamma linolenic acid: an anti-inflammatory omega-6 fatty acid. *Curr Pharm Biotechnol.* 2006;7:531-534.
5. Odeleye OE, Watson RR. Health implications of the n-3 fatty acids. *Am J Clin Nutr.* 1991;53:177-178.

Recommended use: Source of essential fatty acids, omega-3 fatty acids, gamma-Linolenic acid (GLA) and alpha-Linolenic acid (ALA) for the maintenance of good health.

Non-medicinal ingredients: Organic sunflower oil, organic pumpkin seed oil and vitamin E.

Recommended dose (adults): Take ½ tsp. 1 - 2 times daily or to be used on the advice of a health care practitioner.

Medicinal ingredients (per ½ tsp):

Organic Flaxseed Oil (<i>Linum usitatissimum</i> – seed)	721 mg
(288 mg alpha-Linolenic acid)	
Organic Evening Primrose Oil (<i>Oenothera biennis</i> – seed)	432 mg
(31mg gamma-Linolenic acid)	

Refrigerate after opening.

NPN: 80079909

