



# PHYSICIAN'S REFERENCE

Efficas Care™'s 3:2 blend of GLA/EPA, naturally occurring essential fatty acids, is clinically proven to safely and effectively inhibit the production of leukotrienes; substances known to cause inflammation in asthma and allergy.

Medical foods, such as Efficas Care™, are regulated by the FDA. Medical foods are intended to meet distinctive nutritional requirements, to be used under medical supervision, and intended for the specific dietary management of a disease or condition.

## CLINICALLY PROVEN TO REDUCE LEUKOTRIENES<sup>1,2</sup>

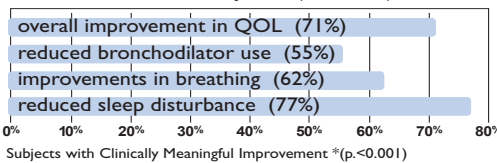
Dr. Floyd "Ski" Chilton of Wake Forest University School of Medicine, and his team spent seven years fine-tuning the Efficas Care™ formula to help improve the quality of life of allergy and asthma sufferers. Placebo-controlled clinical studies with people who suffer from asthma and allergies demonstrate that Efficas Care™:

- reduced leukotriene production 23% ( $p < .05$ ) in those with mild to moderate atopic asthma within 28 days<sup>1</sup>
- reduced leukotriene production 21% ( $p < .03$ ) in healthy adults (some of whom suffer from allergies) within 14 days<sup>2</sup>

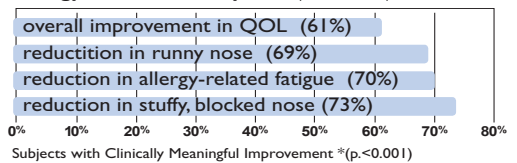
## SYMPTOM REDUCTION AND QUALITY OF LIFE IMPROVEMENTS<sup>3</sup>

In a consumer study of 109 allergy and 65 asthma sufferers where participants added Efficas Care™ to their daily diet, participants reported symptom relief and improved quality of life within 14 to 28 days.

**Asthma Consumer Study: Quality of Life Improvements**



**Allergy Consumer Study: Quality of Life Improvements**



## PROVEN SAFETY IN MULTIPLE CLINICAL STUDIES<sup>1,2,3,4,5</sup>

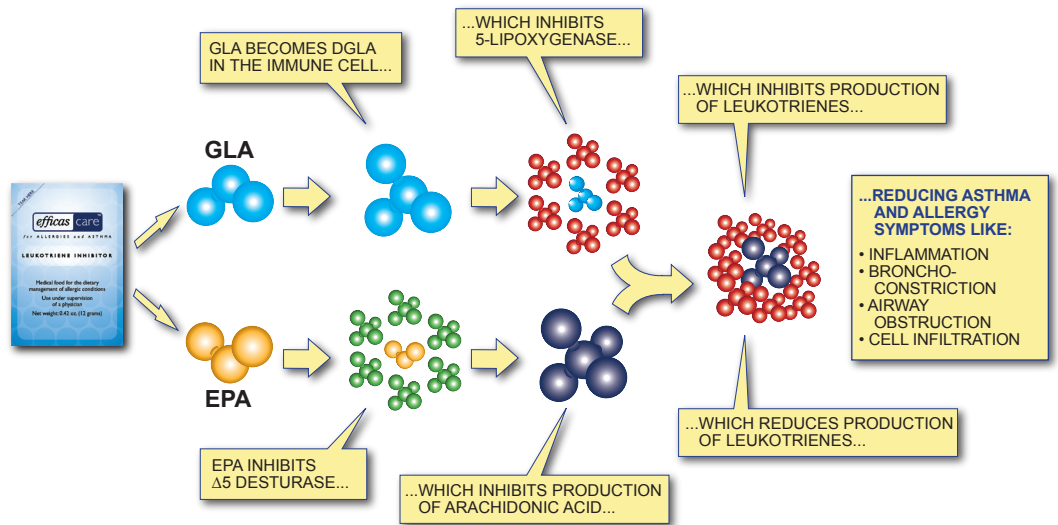
Efficas Care™ and its active ingredients demonstrated a favorable safety profile and were well tolerated in multiple clinical and quality of life studies involving over 700 individuals. Physicians should discuss using Efficas Care™ with their patients, particularly if any of the following conditions are present: Allergy to fish or soy, pregnancy or nursing, liver disease or use of medications that impact liver function. Efficas Care™ is not a replacement for current medications.

## PORTABLE, EASY TO USE, SINGLE SERVE PACKETS

Take Efficas Care™ once per day. It is available without a prescription and use should be continued even in the absence of symptoms.

## MODE OF ACTION<sup>4,6</sup>

The GLA metabolite DGLA is a natural leukotriene inhibitor. Leukotrienes are inflammatory mediators that play a significant role in allergies and asthma. Efficas Care™ alters the pool of fatty acids (AA, EPA, GLA, DGLA) within immune cells that are required for the production of leukotrienes. When triggered AA, DGLA and EPA are released from immune cell membranes. DGLA and its metabolite 15-HETE, inhibit the 5-lipoxygenase enzyme (5-LO) which converts AA to Leukotrienes. EPA also competes with 5-LO and reduces AA production. Efficas Care™ alleviates leukotriene mediated diseases.



Please visit [www.Efficas.com](http://www.Efficas.com) for more detailed information.

References : 1. Surette, M.E. et al., 2003b. Clinical Therapeutics 25(3):972-979 ; 2. Surette, M.E. et al. 2003a. Clinical Therapeutics 25(3):948-971; 3. Consumer Study: A 28-day, nation-wide, open label test of the impact of medical food Efficas Care™ on Quality of Life in 473 adults age 22 to 55 years old with Asthma, Allergic Rhinitis and Eczema. Efficas Unpublished.; 4. Johnson, M.M., et al., 1997, J. Nutr. 127: 1435-1444. 5. Barham JB et al., 2000. J Nutr 130: 1925-1931. 6. Guichardant, M. et al., 1993. Lipids 28: 321-324.



for ALLERGIES and ASTHMA

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