



Nutritional Frontiers

breaking through nutritional boundaries

WELLNESS

GOOD FAT SOLUTIONS

ACTIVITY

	A.M.	Noon	P.M.	Duration	# per week
Walking					
Aerobic					
Strength					
Flexibility					

RELAXATION & SLEEP

	A.M.	Noon	P.M.	Duration	# per week
Deep Breathing					
Meditation					
Yoga					
Hobbies					
Other _____					

NUTRACEUTICALS

	A.M.	Noon	P.M.	With or without food
Omega 3D				
Omega 3 Liquid				
Omega EC				
Frontier Flax				
Krill Oil				
CocoFlax				

HEALTH CARE PROFESSIONAL NOTES:

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



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GOOD FAT SOLUTIONS



Omega 3D II: Provide a healthy balance of essential fatty acids that are critical to total body health.

Suggested Use: Take 2 softgels or 1 teaspoon with food, 1-3 times daily or as directed by your health care practitioner.



Omega 3 Liquid: A dietary supplement to support cardiovascular function and skin and hair health.

Suggested Use: Take 1 teaspoonful (5ml) daily, or as directed by your healthcare practitioner.



Omega E.C. Supports cholesterol levels within normal ranges without a fishy after taste.

Suggested Use: Take 2 softgels with food, 1-3 times daily or as directed by your health care practitioner



Frontier Flax: Supports Cardiovascular and Immune System functions and supports Prostaglandin Balance.

Suggested Use: Take 2 softgels with food, 1-3 times daily or as directed by your health care practitioner



Krill Oil: Supplement that supports healthy cardiovascular function, joint and skin health, mental alertness and menstrual comfort.

Suggested Use: Take 2 softgels with food, 1-3 times daily or as directed by your health care practitioner



CocoFlax: An alternative to fish and krill oil, this blend of coconut and flax seed oil contains the essential fatty acids you need.

Suggested Use: As a dietary supplement, take 1 softgel daily, or as directed by your healthcare practitioner.

WHY HEALTHCARE PROFESSIONALS RECOMMEND ESSENTIAL FATTY ACIDS?

- Brain Health, Mood and Focus
- Cardiovascular Health
- Hair and skin health
- Support of Blood Pressure
- Healthy Organ function
- Joint and Bone Health
- Gastrointestinal Health
- Nervous System Health
- Immune System Health
- Cell Membrane Health
- Hormone Balance
- GI Inflammation
- Healthy Cholesterol Levels
- Menstrual comfort

SYMPTOMS THAT MAY FROM LACK OF FATTY ACIDS

- | | | |
|--|---|---|
| <input type="checkbox"/> Dry Skin | <input type="checkbox"/> Dry eyes | <input type="checkbox"/> Allergic Reactions |
| <input type="checkbox"/> Mixed oily and dry skin | <input type="checkbox"/> Dry mouth/throat | <input type="checkbox"/> Craving fatty foods |
| <input type="checkbox"/> Thick or cracked calluses | <input type="checkbox"/> Dandruff | <input type="checkbox"/> Stiff/painful joints |
| <input type="checkbox"/> Poor fingernail health | <input type="checkbox"/> Excessive thirst | <input type="checkbox"/> Menstrual cramps |

FOOD

Everyday	Moderation	Rare Occasions	Never
<ul style="list-style-type: none"> • Raw fruits • Raw vegetables • Lightly steamed, stir-fried, or roasted veggies • 100% whole grains (wheat less frequently) • Oatmeal • Legumes • Olive oil • 6-8 glasses of pure water • Unroasted nuts and seeds 	<ul style="list-style-type: none"> • Clean meats (organic, wild game- no hormones or antibiotics) • Wild fish, shellfish • Unprocessed fruit and veggie juices • Organic & free range eggs • Coconut oil, high oleic unrefined safflower oil • Peanuts (raw) 	<ul style="list-style-type: none"> • Pasteurized dairy • Pizza • Alcohol • Coffee • Canned foods • Sweets, cane sugar 	<ul style="list-style-type: none"> • Hydrogenated and partially hydrogenated fats & oils (margarine, fried foods, commercial peanut butter, etc.) • Artificial sweeteners (aspartame, Splenda a.k.a. sucralose, Sweet N'Low, etc.) • Soda • White bread • Fast food • High fructose corn syrup and seeds

