



## HARMONY FORMULAS

### ESSENTIAL OIL FORMULA

#### Essential Fatty Acids - Vital for Life

Essential Fatty Acids (EFA's) are essential for the healthy functioning of every organ, cell and tissue in your body. They are vital for cell oxygenation, proper brain and nerve function, healthy skin, lipid and metabolic regulation, prostaglandin and hormone formulation, rapid recovery of fatigued muscles. EFA's are anti-inflammatory, brain and cardio protective and necessary for any weight loss program. They are also instrumental in liver health, digestive and intestinal health, offering soothing, healing and lubricative properties

#### **Signs & Symptoms of Essential Fatty Acid Deficiency:**

- ~ Dry skin & hair, impaired nail growth
- ~ Chronic eczema, psoriasis or dermatitis
- ~ Chronic diarrhea, Chrons disease, IBS
- ~ Attention Deficit Disorder
- ~ Irritability and/or nervousness, PMS, mood changes
- ~ Emphysema, asthma or chronic lung disease
- ~ Chronic joint pain or arthritis
- ~ Low metabolic rate, weight gain

#### **Harmony Formula's Essential Oil ( 2 softgels) contains:**

Alpha Linolenic acid (680 mg)  
Linoleic Acid (450 mg)  
Oleic Acid (270 mg)  
Gamma Linolenic Acid (30 mg)  
Flax Seed oil, Black Current seed oil, Pumpkin Seed oil, Safflower Seed oil,  
Lecithin (200mg) & Vitamin E (20 IU)

