

2020

Module 3: Proteins & Fats



ACADEMY OF QUEST FOR HEALTH®

RX BALANCE Technology Inc.

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Module 3

Education with Excellence

3.0 Proteins

Molecules of protein are composed of amino acids linked together in a structural chain. Amino acids are the building blocks of proteins, needed to construct every cell in the body, from white and red blood cells to the cells in your skin, organs, and bones. These are 20 common amino acids that can be incorporated into a protein, nine of which are essential in the body. Essential amino acids cannot be synthesized by the body and therefore must be consumed from food or supplements. The essential amino acids are histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine; these must be provided through dietary sources. The remaining amino acids (alanine, arginine, asparagine, aspartic acid, cysteine, glutamic acid, glutamine, glycine, proline, serine, and tyrosine) are classified as nonessential and can be manufactured within the body. Additionally, there are other amino acids that do not get incorporated into proteins and are found individually or free in the body. Some examples include taurine and gamma-aminobutyric acid (GABA).

A protein is classified nutritionally as being either “complete” or “incomplete”. Complete proteins contain all the essential amino acids needed for tissue formation and growth within the body. Examples of complete proteins are eggs, dairy products, seafood, and meat. Incomplete proteins are capable of maintaining life but lack one or more essential amino acids to promote growth. However, the combination of two incomplete protein sources such as beans and whole grains forms a complete protein with all of the essential amino acids. Studies have shown that a complete protein need not be eaten at each meal, as proteins will combine in the body over the space of meals eaten during the day.

More people are choosing to either eliminate or reduce their consumption of meat and dairy products for health, environmental, or ethical reasons. In this case, it is important to consume more vegetable-source proteins to ensure all of the amino acids are present in the diet.

There are many advantages to eating plant proteins. Plants can be consumed raw, which preserves all of their while meat is almost always heated, destroying much of its protein. Eating more plant protein also allows one to cut down on the many health risks associated with eating primarily animal-meat proteins, including a high intake of saturated fats and increased risk for osteoporosis.

3.0.1 Protein ratio

Protein is required in lesser quantities than either carbohydrates or fats. For optimal health, only 10 to 12 percent of our total calories are required from protein. Many people eat high amounts of protein thinking it is an energy source, but protein is burned for energy only in an emergency, when the body has already depleted its carbohydrate and fat resources. Protein is reserved for growth, repair, and maintenance, which is why children and pregnant women, who have to build new cells and tissues, require extra protein. For example, in relation to her size, a baby girl needs three times as much protein as an adult man, simply because a baby has to build all new tissues “from scratch”.

Adults need very little protein for hormone maintenance and tissue repair, especially since additional protein is available from recycled waste proteins that the body can reuse several times over. A continuous supply of protein is needed for cell building and regeneration but eating more animal-source proteins than the body requires taxes the body’s organs and can contribute to obesity. Excess protein has to be eliminated via the kidneys, causing a number of toxic stresses.

However, eating too little protein is also unhealthy. If adequate protein is not a part of the daily diet, or if the stomach does not produce enough hydrochloric acid for proper protein digestion, the body will design to draw its required protein from muscle tissues.

More people are choosing to either eliminate or reduce their consumption of meat and dairy products for health or ethical reasons. In the absence of all animal-source proteins, it is important to consume more vegetable-source proteins to ensure all of the amino acids are present in the diet. Some people reducing their cheese consumption, which results in eating too much fat. This error can be avoided by including more tofu, legumes, and whole grains, instead, in the daily diet.

Vegetarian food sources		
High in protein		
(Amounts are in grams of protein per 100 grams of food)		
1	almonds, unblanched	20.0
2	black beans	8.8
3	bulgur, cooked	12.5
4	cashew nuts	15.0
5	cornmeal, whole	8.0
6	eggs, hard-boiled	12.0
7	filberts	13.0
8	flaxseed	18
9	garlic, raw	6.3
10	lentils	9.0
11	peas, green	5.4
12	pumpkin seeds	24.5
13	rye flour, dark	14.0
14	soybeans, green, cooked	12.0
15	sunflower seeds	22.5
16	tempeh	19.0
17	tofu, firm	15.8
18	walnuts	24.0
19	whole wheat flour	13.7

3.0.2 Enzymes

The conversion of the food we eat into smaller, usable nutrient components is one of the functions of enzymes, but enzymes also play a key role in virtually all of the body's systems. The function of each and every one of our cells relies on enzymes, whose activity regulates the speed and efficiency of the body's metabolic functions.

Enzymes are produced by living cells and are made up of protein molecules. Without going through a biochemical transformation themselves, enzymes function as catalysts for thousands of specific biochemical reactions from digestion to the repair of damaged tissue.

Research has revealed thousands of different enzymes, each with a specialized function. Among their many functions, enzymes:

- 20 help synthesize proteins, carbohydrates, fats, DNA and RNA
- 21 digest food, making its nutrients small enough to pass through the intestines into the bloodstream to provide energy to the body
- 22 help store sugar in the liver and muscles
- 23 break down carbohydrates into simple sugars
- 24 break down protein into amino acids
- 25 break down fat into fatty acids and glycerol
- 26 help eliminate carbon dioxide from the lungs
- 27 support the immune system

3.1 Fats

The way we view fats has undergone the most radical change of all when it comes to macronutrients. We no longer lump all fats into one category. Instead, we have begun to understand the role of essential fatty acids and to distinguish between beneficial and unhealthy sources of fat.

Fats are the body's next most available source of energy after carbohydrates. While carbohydrates are used as instant fuel, fats are stored away as an energy reserve. When there are no carbohydrates to draw upon, fat deposits are used up next. We can watch this process in action when we pursue a vigorous course of exercise and lose fat. Fats are responsible for providing heat to the body, which they do by putting a protective layer around the body to shield it from the cold and by delivering more than double the amount of energy from carbohydrates or protein (nine calories per gram for fats, compared with four calories per gram for carbs and protein).

Most mainstream health care authorities tell us that we must cut down on our consumption of fat. For the typical North American diet, laden with animal fat, this is probably true, but it tells only part of the story and leads to confusion. There are now people who proudly announce that they have eliminated all fat from their fat-free diets. However, we need healthy fats to be healthy and, in fact, to survive. In the long term, those who cut out all fats become deficient in nutrients.

Fats, also called lipids, are composed of chains of carbon atoms paired with oxygen and hydrogen atoms. When all of the potential hydrogen atom spaces on the carbon chain are filled, the fat chain is "saturated" with hydrogen. When there are empty spaces, the carbon chain is said to be "unsaturated". The length of fat carbon chains also varies.

In their stored form, three fatty acid chains are attached to a glycerol molecule, which results in a large molecule known as a triglyceride. Most natural fats consist of triglycerides. Fats come in three different structures: Saturated, monounsaturated, and polyunsaturated. Naturally occurring fats are never exclusively one or the other. Olive oil, for example, is called a monounsaturated fat, but is 14 percent saturated, 77 percent monounsaturated, and 9 percent polyunsaturated. Butter is called a saturated fat, but it is 50 to 55 percent saturated, 24 percent monounsaturated, and 4 percent polyunsaturated. Unlike oil, which is 100 percent fat, butter is only about 81 percent fat; the other 19 percent is made up of water and milk solids.

We Need Fat To:

- 28 absorb and transport fat-soluble vitamins A, D, E, and K
- 29 insulate and protect the body's nerves, organs, and brain cells
- 30 help maintain body temperature
- 31 provide a backup source of energy when carbohydrates run low
- 32 produce adrenal and sex hormones
- 33 obtain the two essential fatty acids that we need for health and survival

3.1.1 Saturated fatty acids

Saturated fat comes from animal sources such as meat, eggs, and dairy products, and plant sources such as tropical oils. Animal fats include red meat, pork, dairy fats, butter, and cheese. Tropical oils include coconut, palm, palm kernel, and cocoa butter. These are best eaten in moderation, as saturated fat is not necessarily needed by the body for optimal health.

Consuming too much saturated fat has been linked to obesity and heart disease. If possible, buy organic options of food containing saturated fat to avoid the hormones and antibiotics often given to conventionally raised farm animals (cattle, pigs, sheep, or poultry).

3.1.2 Monounsaturated fatty acids

These unsaturated fats are liquid at room temperature. The length of their fatty acid chains varies, but they are all called "mono" because, chemically, they have one double bond. Monounsaturated fatty acids are thought to offer protection from cancer and cardiovascular disease. Because monounsaturated oils have only one double bond, they are much more stable than polyunsaturated fat the oil contains, the more stable it is.

We've heard a great deal lately about the goodness of olive oil; many people tend to believe that they are enhancing their health by using this oil as their only source of fat. Although it is an excellent oil, we must include additional oils, nuts, or seeds to obtain the important essential fatty acids the body requires but cannot manufacture on its own.

Foods highest in monounsaturates are olive oil, avocados, and cashews.

3.1.3 Polyunsaturated fatty acids

Until recently, polyunsaturated fatty acids were widely considered the best fats to consume. This is true with certain caveats. On the plus side, polyunsaturated fatty acids have been associated with the prevention of cardiovascular disease. In addition, the two essential fatty acids we need daily—linoleic (LA) and alpha-linolenic acids (ALA)—belong to the polyunsaturated family. These essential fatty acids are being studied for their potential role in the prevention of cancer. On the minus side, not all polyunsaturated oils are rich in LA and very few contain useful amounts of ALA.

These fats have many empty hydrogen spaces on their carbon chains and are therefore called "poly" for many. This lack of saturation makes polyunsaturated fats the most unstable of all. Because of their

multiple double bonds, they can negatively react to heat, light, and oxygen, which can turn them into health hazards. Their instability makes them susceptible to oxidative damage.

Sources high in polyunsaturated fatty acids include peanuts, corn oil, flaxseed oil, soybean oil, sunflower oil, sunflower seeds, and cold-water fish.

3.1.4 Essential fatty acids

We cannot live without the two essential fatty acids (EFAs), linoleic acid (LA) and alpha-linolenic acid (ALA), which come from the polyunsaturated fatty acids family. They are best known today as omega-6 (which is LA) and omega-3 (ALA). The word “essential” in nutritional terms means that the body needs these nutrients to survive but cannot manufacture them on its own and so must consume them in food. A deficiency in fatty acids can lead to vision disturbances, gastrointestinal problems and impaired immune function.

Omega-3 (ALA)

Fresh, golden coloured flaxseed oil is the best-known source of omega-3 fatty acid. It is delicious on salads or on potatoes and yams. When flaxseed oil spoils and becomes rancid, it has a foul taste, which is why some people may believe they don't like its taste. Flaxseed oil should have a nice, subtle nutty flavour when it is fresh and has been refrigerated.

An alternative to flaxseed oil is the actual flaxseed, which should be coarsely ground (a coffee grinder works well) and used within about five days after grinding. Ground flaxseed is also excellent for bowel health as it provides enough bulky fibre and slipperiness to carry intestinal wastes out of the body. Whole flaxseeds will simply pass through the digestive system without the essential fats being absorbed into the body.

Other sources of omega-3 include dark green leafy vegetables, fresh seaweed vegetables, and cold-water fish such as tuna, salmon, and trout.

Omega-6 (LA)

This essential fatty acid can be found in supermarket oils; however, it is best to avoid these products because they also contain the byproducts of processing mentioned earlier. They are also usually packaged in clear bottles. In the health food stores, omega-6-rich oils such as safflower oil or sunflower oil are sold unrefined and in dark bottles. Note, however, that the label “cold pressed” may have no meaning on an oil bottle since the oil could have been heated and otherwise processed after pressing. The term to look for is “unrefined”. You will notice that oils from the health food store still retain the distinct flavour of the seed or nut they came from.

Good sources of omega-6 fatty acids include almonds, avocados, pumpkin seeds, walnuts, and the oils of each.

Omega-6 and omega-3 ratio

Most often, a source of essential fatty acids will contain both types but provide more of either omega-6 or omega-3. While omega-6 is relatively easy to obtain, since it is present in most vegetable oil, omega-3 is quite rare in the standard diet. The essential fatty acids should be used together in the proper proportion. Some researchers recommend a 1:1 ratio, while others say a 4:1 ratio of omega-6 to omega-3 is best.

EFAs-What about GLA, EPA, and DHA?

Besides omega-6 and omega-3, some nutritional products list gamma linolenic acid (GLA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA) as essential fatty acids. Technically, however, they are not. These important polyunsaturated fatty acids can be manufactured by the body as long as it has sufficient intake of essential fatty acids. In other words, from the two essential fatty acids, omega-6 (LA) and omega-3 (ALA), the body can manufacture GLA, EPA, and DHA. From GLA, EPA, and DHA, the body can then manufacture prostaglandins (PGs), hormone-like substances that regulate body defense and repair systems and reduce inflammation.

Direct sources of EPA and DHA are fresh cold-water fish and their oils.

3.1.5 Hydrogenated fats and trans fatty acids

Fats that have been hydrogenated are not naturally occurring fats. Hydrogenation is a denaturing process that turns liquid vegetable oils into solid fats. All hydrogenated fats are made artificially saturated (hard). The process of hydrogenation is damaging to oils and constituted one of the most dangerous health risks from fat consumption.

When an oil is hydrogenated, structural damage to the fat results. The naturally occurring “cis” structure of the fat is converted to a “trans” structure, creating trans fatty acids, which have been associated with heart disease, cancer, and premature aging. Trans fats increase the “bad” cholesterol in our blood (low-density lipoproteins, or LDL), decrease the “good” cholesterol (high-density lipoproteins, or HDL), and increase blood triglycerides—all risk factors for heart disease. Trans fats also form the free radicals in the body that have been associated with risk for cancer, heart disease, and other degenerative conditions.

The corporate food industry takes advantage of the fact that food tastes better with fat and hides large quantities of unhealthy hydrogenated fats in many processed foods. Hydrogenated fats are most often found as ingredients in commercially prepared baked goods, candies, ice cream chocolate, peanut butter, boxed cereals, crackers, sports bars, and most snack foods.

Trans fatty acids are also formed by exposing unsaturated oils to high heat in frying, especially deep-frying. You can avoid all hydrogenated fats by buying foods as fresh and unprocessed as possible and preparing them yourself, without high heat or deep frying.

Trans fat-free facts

- 34 If you read the words “hydrogenated” or “partially hydrogenated” in the ingredient list of a food product, you know it contains trans fat.
- 35 The US National Academy of Sciences says there are no known benefits to human health from trans fat consumption.
- 36 Canadian and US nutrition panels may list 0 grams of trans fat if there is less than 0.5 grams of trans fat per serving in the product.

Source: “Trans fat-free: Is it risk-free?” alive magazine, April 2007.



Norwegian Cod Liver Oil Plain

During Canada's long winter months, Nature's Harmony® Norwegian Cod Liver Oil provides an excellent source of vitamins A and D, two vitamins known to be crucial for healthy development.

PRODUCTS CODES: 400176

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Sources of Vitamins A and D to help maintain good health and help in the normal development and maintenance of bones and teeth. Source of Vitamin D to help in the absorption and use of calcium and phosphorus. Source of Vitamin A to help prevent Vitamin A deficiency, and to help to maintain eyesight, skin, membranes and immune function.	Liquid (500 mL light-resistant bottle)	(Adults) Take 1 teaspoon (5 ml) per day with meals.

DESCRIPTION:

Nature's Harmony® Norwegian Cod Liver Oil provides nearly 1177.0 mcg RAE/3920.0 IU of Vitamin A and 9.8 mcg/392.0 IU of Vitamin D3 per teaspoon. Cod liver oil produced in Norway is the finest in the world, with each batch adhering to rigid quality control standards set by the Norwegian government. The oil is tested to ensure the quantity and quality of its vitamin A and D content.

Supplementing with cod liver oil may have positive effects on Crohn's disease, arthritis, inflammatory and respiratory conditions and skin disorders. It may slow the progression of arteriosclerosis and coronary heart disease, and is necessary for the proper development of the brain (including intelligence) and nervous system (including visual development) in

fetuses, infants and children.

Recommended Daily Allowance:	Vitamin A: 700 mcg; vitamin D: 15 mcg.
Food Sources:	Vitamin A from calf's liver, dairy products and egg yolks; Vitamin D from fish, liver, dairy and eggs.
Causes of Deficiency:	Poor diet, limited exposure to sunlight.
Symptoms of Deficiency:	Improper development, joint problems, heart disease, seasonal affective disorder.
Complementary Nutrients:	Evening Primrose Oil.

HOW IT WORKS:

Vitamin A

Vitamin A is important in the development and differentiation of white blood cells, such as lymphocytes, which play critical roles in the immune response. It supports proper growth and development and immune system function and is needed for healthy hair, nails and skin as well.

Vitamin D

Vitamin D enhances the immune system by stimulating the activity of macrophages (immune cells that act as scavengers engulfing dead cells, foreign substances and other debris). It is crucial for bone development. It improves absorption of calcium and phosphorus and helps prevent osteoporosis. Canada's long, dark winter causes many Canadians to be vitamin D deficient; for this reason, vitamin D is also known as "The Sunshine Vitamin," since it is formed in the body by the action of the sun's ultraviolet rays on the skin.



DID YOU KNOW...

Many people don't get enough sun exposure even in warm weather months, meaning their vitamin D levels may still be too low in summer; therefore, they would benefit from cod liver oil even in warm-weather months.

RESEARCH:

There have been several preliminary studies that suggest supplementing with cod liver oil can benefit arthritis, osteoarthritis and atherosclerosis. Research has shown vitamins A and D to be supportive in the body's immune system functioning.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Cod liver oil is generally well tolerated, although sensitive individuals may react with gastrointestinal upset.

OTHER CONSIDERATIONS:

Keep cod liver oil sealed tightly and stored at room temperature to avoid oxidation caused by light and air. This product should be used within three months of opening.

LABEL:

Usage recommandé:

- Source de vitamines A et D pour aider à maintenir une bonne santé et aider au développement et au maintien normaux des os et des dents.
- Source de vitamine D pour aider à l'absorption et à l'utilisation du calcium et du phosphore.
- Source de vitamine A pour aider à prévenir une déficience en vitamine A et pour aider à maintenir la vision, la peau, les membranes et la fonction immunitaire.

Dose recommandée (adultes): Prendre 5 mL (1 cuillère à thé) par jour.

Ingrédients médicinaux:

Chaque portion de 5 mL (1 cuillère à thé) contient:
 Vitamine A
 (provenant d'huile de foie de morue et de palmitate de vitamine A) 3920 IU/1177 mcg EAR
 Vitamine D3
 (provenant d'huile de foie de morue et de cholecalciférol) 392 IU/9,8 mcg

Ce produit ne contient pas de maïs, ingrédients laitiers, œuf, gluten, soya, sulfites, blé, ni colorants, arômes ou agents de conservation artificiels.

NOTE: À utiliser dans les trois mois après ouverture.

DO NOT USE IF SAFETY SEAL IS BROKEN. DO NOT REFRIGERATE. KEEP AT ROOM TEMPERATURE IN A DARK DRY PLACE. KEEP OUT OF REACH OF CHILDREN. NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ. NE PAS RÉFRIGÉRER. CONSERVER À LA TEMPÉRATURE AMBIANTE DANS UN ENDROIT SOMBRE ET SEC. GARDER HORS DE LA PORTÉE DES ENFANTS.

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1620-2650 (Shangri-La, Port Lacombe BC Canada V9C 6K5)

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Recommended Use:

- Source of Vitamins A and D to help maintain good health and help in the normal development and maintenance of bones and teeth.
- Source of Vitamin D to help in the absorption and use of calcium and phosphorus.
- Source of Vitamin A to help prevent Vitamin A deficiency and help to maintain eyesight, skin, membranes and immune function.

Recommended Dose (Adults): Take 5 mL (1 teaspoon) daily.

Medicinal Ingredients:

Each 5 mL (1 teaspoon) contains:
 Vitamin A
 (from cod liver oil and vitamin A palmitate) 3920 IU/1177 mcg RAE
 Vitamin D3
 (from cod liver oil and cholecalciferol) 392 IU/9,8 mcg

This product does not contain corn, dairy, egg, gluten, soy, sulfites, wheat, or artificial colours, flavours or preservatives.

NOTE: Use within three months after opening.

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Triple Fish Oil 1000 mg

Quest Triple Fish Oil 1000 mg is a high-quality blend of carefully selected concentrated fish oils that provide an excellent source of omega-3 fatty acids. These important fatty acids, EPA and DHA, offer several cardiovascular benefits, including balancing cholesterol, decreasing triglycerides, and reducing blood pressure. EPA and DHA also prevent blood clotting and reduce inflammation, protecting against heart attacks and strokes. These fatty acids also have been shown to reduce joint swelling, decrease morning stiffness, and greatly reduce pain.



PRODUCTS CODES: 338416 (60 softgels)

338494 (120 softgels)

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps maintain healthy heart and brain function.	Softgels	Adults take 2 softgels daily or as directed by a health care practitioner.

DESCRIPTION:

Each soft gel capsule of Quest Triple Fish Oil 1000 mg contains 1,000 mg of triple fish oil (anchovy, salmon, sardine), providing 180 mg (18%) of EPA (eicosapentaenoic acid) and 120 mg (12%) of DHA (docosahexaenoic acid). This product contains no artificial preservatives, colours, or flavours, or corn, dairy, egg, gluten, shellfish, soy or sulfites. This product has been tested and meets international standards for levels of arsenic, cadmium, lead, mercury, pesticides and solvent residues.

Recommended Daily Allowance:

Dosage varies, depending on age.

Food Sources:

Fatty cold-water fish.

Causes of Deficiency:

Diet deficient in omega-3 fatty acids and an excess of omega-6 fatty acids.

Symptoms of Deficiency:

High cholesterol, high blood pressure, cardiovascular

disease, inflammation, joint pain.

Complementary Nutrients: A healthy diet.

HOW IT WORKS:

Your body can not efficiently produce EPA and DHA from essential omega-3 fatty acid ALA (alpha-linolenic acid). The word "essential" in nutritional terms means that the body needs these nutrients to survive but cannot manufacture them on its own and so must consume them in food. Therefore, getting EPA and DHA from foods or supplements is the only practical way to increase levels of these omega-3 fatty acids in your body. Omega-3 fatty acids protect the cardiovascular system by helping to lower "bad" LDL cholesterol and raise "good" HDL cholesterol, decrease serum triglycerides, and reduce blood pressure. In addition, they prevent blood platelets from clotting and sticking to artery walls, thereby allowing blood to flow smoothly through the vessels. EPA and DHA also help to reduce the inflammation and pain of swollen joints.



DID YOU KNOW...

It has been estimated that the ratio of omega-6 to omega-3 fatty acids in the diet of early humans was 1:1, but the ratio in the typical Western diet is now almost 10:1 because of increased use of vegetable oils rich in omega-6 fatty acids and declining fish consumption.

RESEARCH:

The results of randomized controlled trials in individuals with documented coronary heart disease (CHD) suggest a beneficial effect of dietary and supplemental omega-3 fatty acids. In a large randomized controlled trial of supplemental omega-3 fatty acids, CHD patients who received supplements providing 850 mg/day of EPA plus DHA for 3.5 years had a risk of sudden death that was 45% lower than those who did not take supplements, and a risk of death from all causes that was 20% lower. Interestingly, it took only 3 months of supplementation to demonstrate a significant decrease in total mortality, and 4 months to demonstrate a significant decrease in sudden death.

SIDE EFFECTS:

No side effects expected at recommended dosage. High doses of fish oil may cause belching, flatulence, nausea, bloating, and diarrhea.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner before use if you have uncontrolled hypertension, a bleeding disorder, are taking any anticoagulant medications (including aspirin), or if you have any other medical condition.

OTHER CONSIDERATIONS:

Consult a health care practitioner before use if you are pregnant or breastfeeding. Keep out of reach of children.

LABEL:

QUEST
OMÉGA
Huile de Trois Poisson
1000 mg
120 gélules

Aide au maintien d'un cœur en santé et des fonctions cérébrales saines

Sans colorants, arômes ou agents de conservation artificiels

Usage recommandé: Aide au maintien d'un cœur en santé et des fonctions cérébrales saines.
Dose recommandée (adultes): Prendre 2 gélules par jour.

Ingédient médicamenteux:
Chaque gélule contient:
Huile de poisson (anchovy, saumon, sardine, maquereau).....1000 mg
fournissant:
Acide eicosapentaénoïque (AEP)18%
Acide docosahexaénoïque (ADH)12%
Ingédients non médicamenteux: vitamine E, gélatine, glycérine, eau purifiée.

Ce produit ne contient pas de maïs, ingrédients laitiers, œuf, gluten, crustacés, ni sulfites.

Ce produit a été soumis à des essais de qualité et est conforme aux normes internationales sur le dépistage d'arsenic, de cadmium, de plomb, de mercure, et de résidus de pesticides.

RANGER DANS UN ENDROIT SEC ET FRAIS. TENIR HORS DE PORTÉE DES ENFANTS.

Recommended Use: Helps maintain healthy heart and brain function.
Recommended Dose (Adults): Take 2 softgels daily.

Medicinal Ingredient:
Each softgel contains:
Fish Oil (anchovy, salmon, sardine, mackerel).....1000 mg
providing:
Eicosapentaenoic acid (EPA)18%
Docosahexaenoic acid (DHA)12%
Non-medicinal Ingredients: Vitamin E, gelatin, glycerin, purified water.

This product does not contain corn, dairy, egg, gluten, shellfish, or sulfites.

This product has been tested and meets international standards for levels of arsenic, cadmium, lead, mercury, pesticides.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

QUEST
OMEGA
Triple Fish Oil
1000 mg
120 softgels

Helps maintain healthy heart and brain function

No artificial colours, flavours or preservatives

338464-01-19

SHOULD NOT BE USED BY PREGNANT AND BREASTFEEDING WOMEN. DO NOT TAKE IF YOU ARE TAKING AN ANTICOAGULANT MEDICATION. KEEP OUT OF REACH OF CHILDREN. NE PAS PRENDRE SI LE VOSUS SE DISPOSE D'UNE MALADIE DU SANG. NE PAS PRENDRE SI VOUS PRENEZ UN MÉDICAMENT ANTICOAGULANT. TENIR HORS DE LA PORTÉE DES ENFANTS.

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Module 3: Proteins & Fats

quiz

1. Protein, a plentiful substance in our bodies,
 - a. may be complete or incomplete.
 - b. is made up of amino acids.
 - c. is needed for cell building and regeneration.
 - d. is required in lesser quantities than carbohydrates or fats.
 - e. all of the above

2. Trans fats have been in the public focus recently. These fats:
 - a. are created through the process of hydrogenation.
 - b. are found in many processed foods.
 - c. are associated with increased risk for heart disease and cancer.
 - d. all of the above
 - e. a and c only

3. Quest® Triple Fish Oil provides _____ milligrams of fish oil per softgel?
 - a. 400
 - b. 500
 - c. 750
 - d. 1000
 - e. 1500

4. Angela is concerned about obesity and wants to maintain a healthy body weight. She doesn't want to consume too many:
 - a. unsaturated fats.
 - b. monosaturated fats.
 - c. saturated fats.
 - d. polyunsaturated fats.
 - e. essential fatty acids.
5. Alex is trying to determine the difference between good cholesterol and bad cholesterol. Bad cholesterol has:
 - a. low-density lipoproteins.
 - b. high-density lipoproteins.
 - c. prostaglandins.
 - d. alpha-linolenic acid.
 - e. partially hydrogenated cells.
6. Breast milk contains EPA. True or false?
7. The body can manufacture the essential nutrients which are necessary for survival. True or false?
8. The ALA (alpha-linolenic acid), EPA (eicosapentaenoic acid), and DHA (docosahexaenoic acid) are essential omega-3 fatty acids. True or false?
9. Nature's Harmony® Cod Liver Oil is source of vitamins A and D to help maintain good health. True or false?
10. Enzymes function as catalysts for thousands of specific biochemical reactions from digestion to the repair of damaged tissue. True or false?