

EFA-Tiered Approach for Improved Patient Outcomes

TIER 1: Prophylactic Dosage

Administer YES™ Ultimate EFAs in their recommended dosage to patients with no underlying health conditions. YES™ Ultimate EFAs were designed as the ideal PEO-containing, plant-based supplement. PEOs (Essential EFAs LA & ALA) cannot be made by the body – they must come from food. Normal dosage is ½ - ¾ teaspoon per day, or 1 capsule per 40 pounds of bodyweight.

TIER 2: Ailments

Administer YES™ Ultimate EFAs in an increased dosage, typically, 50%-100% over the prophylactic dosage. Once the patient has improved and their condition has stabilized, you may slowly reduce the dosage as warranted. The increased dosage assists patients with ailments by maximizing oxygen transfer into the cells.

TIER 3: Dietary Management of diseases/disorders of impaired Δ-6 desaturase pathway

The medical food EZTREK®, developed by Peskin Pharmaceuticals® and manufactured for Good For Health, compensates for an impaired Δ-6 desaturase pathway—increasing both systemic anti-inflammation and vasodilation. This impairment directly leads to increased (chronic) inflammation—a root cause of numerous diseases/disorders, as published in the medical journals. Additionally, when a physician determines impairment and decrease of the anti-inflammatory PGE1, then EZTREK® is recommended. Per FDA guidelines for a Medical Food, a patient **MUST BE UNDER A PHYSICIAN'S CARE** and EZTREK® is only available through that health care provider.

- EZTREK® formulation (from Good For Health) is substantially different from the YES™ Ultimate EFAs.
- EZTREK® is available in liquid form only.
- To order YES™ Ultimate EFAs, please contact Your Essential Supplements: 1 (866) 937-1127.
- To order (or refer patients to) EZTREK®, please contact Good For Health: 1 (800) 994-0301.