

YES™ Ultimate EFAs!

YES Ultimate EFAs are Parent Essential Oils

We are often asked how our EFA-based recommendations differ from others. The answer is simple but very significant. The term “Essential Fatty Acids” is being misused so frequently that we were compelled to coin a new phrase, *Parent Essential Oils* (PEOs). YES Ultimate EFAs are vastly different from other EFA supplements.

This term “Parent Essential Oils” refers to the only **two true essential fatty acids**: parent omega-6 (LA) and parent omega-3 (ALA). The term “parent” is used because these are the whole, unadulterated form of the only two essential fats your body demands, as they occur in nature. Once PEOs are consumed your body changes a small percentage of them—about 5%—into other biochemicals called “derivatives,” while **leaving the remaining 95% in parent form.**

This is crucial to understand. There are a host of omega-6 and omega-3 oils being sold as EFAs that are *no true* EFAs, but rather nonessential derivatives such as EPA, DHA, and GLA. Fish oils are made up almost exclusively of omega-3 *derivatives*. Scientifically and biochemically, calling derivatives such as EPA, DHA and GLA by the term “EFA” is wrong. **Derivatives are *not* EFAs because they are not essential**—your body has the ability to make them *as needed*. Our research has shown that supplementing with the derivatives so commonly found in the marketplace and mislabeled as “EFAs” can easily be harmful to your health.

[Why are the parent forms—PEOs—so important? Many of the EFAs sold in the stores consist of manufactured EFA derivatives. To be clear, your body doesn't need or want these derivatives, because it makes its own derivatives out of the Parent Essential Oils \(PEOs\) you consume as it needs them. Taking fish oil and other health-food-store “EFAs” often overdoses you with derivatives, which can be very harmful.](#)

Don't make the common “EFA mistake” by unknowingly substituting derivatives for parents! **Since the term has become so confused by so many it is time to focus on the essence** of what they are and why they are so vital to our health and wellbeing.

From this point forward rest assured when you buy YES Ultimate EFAs, you are getting the highest quality Parent Essential Oils in the proper form and balance.
