

# Fatty Acids

<i>Fatty Acid</i>	<i>Functions</i>	<i>Deficiency Symptoms</i>	<i>Food Sources</i>
Alpha-Linolenic (ALA) - (3)	Reduces inflammation, helps prevent heart disease, obesity, diabetes, stroke and more.	Loss of motor coordination, tingling in extremities, vision impairment, and behavioral challenges.	Flaxseed, chia, canola, hemp, walnuts, sea buckthorn oil, soybean oil.
Arachidonic (AA)- (6)	Found in muscle, brain and liver. Used for muscle gain, treating depression.	Scaly skin, dandruff or hair loss, reproductive issues, GI issues, food intolerances.	Beef, poultry, eggs, dairy, cheese, fish.
Doco (DHA) - (3)	Supports brain, heart, cardiovascular system and eyes.	Skin issues, ADHD, mood swings, low energy, food intolerances, poor sleep patterns.	Halibut, mackerel, sardines, oysters, salmon, trout, tuna.
Eion (EPA) - (3)	Supports heart, joints, brain function, mood, weight management.	Hair loss, dry skin, poor circulation, mood swings, joint pain.	Salmon, sardines, tuna, fish oils.
Gamma Linoleic (GLA) - (6)	Supports issues affecting the skin such as systemic sclerosis, psoriasis, eczema.	Skin issues such as psoriasis or eczema and can be associated with infertility.	Spirulina, hemp oil, borage oil, hemp seeds, evening primrose oil.
Linoleic - (6)	Supports heart, brain function, joints, regulates hormones.	Dry scaly rash, increased infections, poor wound healing, low growth in infants.	Plant oils, oily fish, seaweed, nuts, hemp, eggs, avocado.
Oleic - (9)	Maintains healthy blood pressure, fat metabolism, regulates hormones.	Dry, flaky or cracking skin, small bumps on back of arms, patchy or dull skin.	Canola and sunflower oils, almonds, beef, chicken, eggs, cheese.