

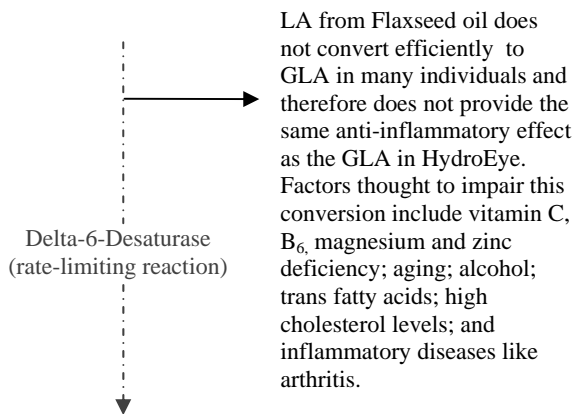
Metabolic Pathways of Essential Fatty Acids in HydroEye®

REV: 05/12

OMEGA-6 FATTY ACIDS

(e.g., corn, flaxseed, safflower, sunflower, black currant seed oils)

Linoleic Acid (LA)
(minor omega in Flax Seed Oil,
also found in **Hydroeye**)

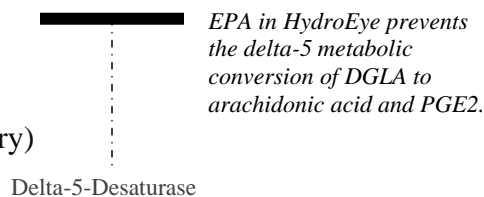


Gamma-Linolenic Acid (GLA)
(supplied by **HydroEye**)

(HydroEye source: black currant seed oil. Not normally found in diet, GLA has anti-inflammatory benefits similar to omega-3s)

Dihomo-Gamma-Linolenic Acid
(DGLA)

PGE1
(anti-inflammatory)



Arachidonic Acid

(Also contributed directly by meats and dairy in the diet)

Cyclooxygenase

Lipoxygenase

PGE2

(pro-inflammatory)

LTB4

(pro-inflammatory)

OMEGA-3 FATTY ACIDS

(e.g., flaxseed, fish, black currant seed oils)

Alpha-Linolenic Acid (ALA)
(Major omega fat in Flax Seed oil, also found in **HydroEye**)

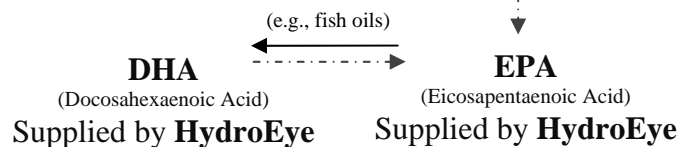
Only 10-20% of ALA is converted to EPA



Stearidonic Acid
(supplied by **HydroEye**)

Eicosatetrenoic Acid

Delta-5-Desaturase



Cyclooxygenase

Lipoxygenase

PGE3

(anti-inflammatory)



LTB5

(anti-inflammatory)

