White Paper
Explaining the Benefits of Incorporating the Medical Food, EZTREK® into a dietary modification plan for those suffering from an Impaired Δ-6 Desaturase Metabolic Pathway

Good For Health, Inc.
Exclusive distributor of EZTREK® Medical Food.

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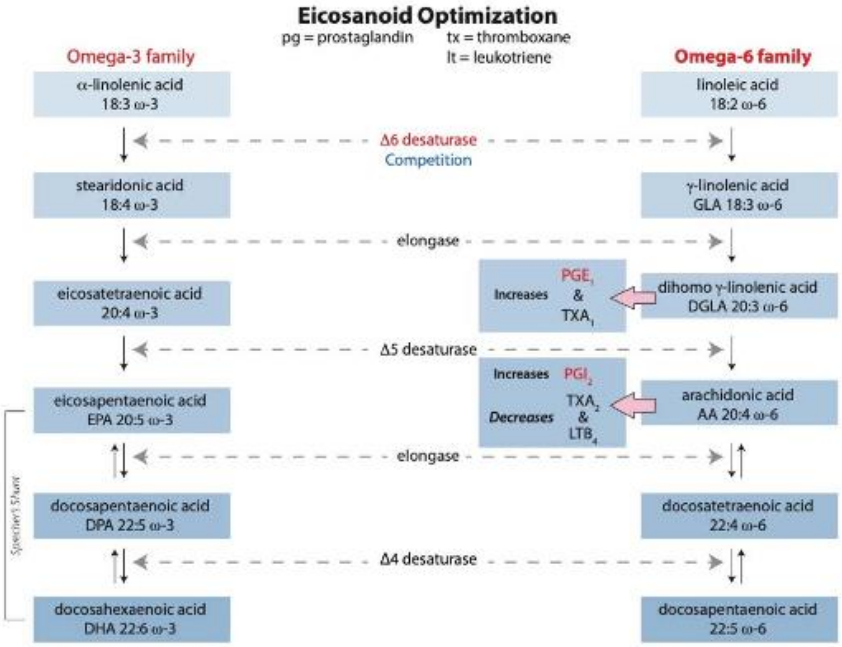
EZTREK® is a Medical Food as defined by the FDA, and as such, is not a medicine and is not intended to treat, diagnose, mitigate, prevent, or cure diseases.

Today, many people's diets may cause chronic inflammation leading to ill-health.[1,2] As we age, the Δ-6 pathway is known to become impaired.[3] Eicosanoid optimization starts with the Δ-6 metabolic pathway:



Lipids are a Modifiable Variable in Tissue Composition.[4,5]

Applying unique insights into the epigenetic pathways, our approach focuses on state-of-the art research — based on recognized scientific principles and supported extensively in the scientific

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[1] Halbleib, K., et al., "Activation of the Unfolded Protein Response by Lipid Bilayer Stress," *Molecular Cell*, Vol. 67, Issue 4, pp 673-684.e8, August 17, 2017; "Molecular biologists discover an active role of membrane lipids in health and disease," August 4, 2017 in biology / cell & microbiology, phys.org.

[2] Anton SD, et al., "Differential effects of adulterated versus unadulterated forms of linoleic acid on cardiovascular health," *J Integr Med*, 2013; 11(1): 2–10.

[3] Horrobin, DF, "Loss of Δ-6 desaturase activity as a key factor in aging," *Medical Hypothesis*. (1981) sep;7(9): 1211-20.

[4] E. Wainwright, Y. S. Huang, et al., "The Effects of Dietary n-3 / n-6 Ratio on Brain Development in the Mouse: A Dose Response Study with Long-Chain n-3 Fatty Acids," *Lipids*, vol. 27, no. 2, pp. 98-103, 1992; W. E. M. Lands, et al., "Quantitative effects of dietary polyunsaturated fats on the composition of fatty acids in rat tissues," *Lipids*, vol. 25, no. 9, pp. 505-516, 1990.

[5] C. V. Felton, et al., "Relation of Plaque Lipid Composition and Morphology to the Stability of Human Aortic Plaques," *Arteriosclerosis, Thrombosis, and Vascular Biology*," Vol. 17, No 7, 1997, pp. 1337-1345.

literature (*See* below.). The culmination of over 2 decades of research led to developing a plant-based lipids composition (**EZTREK®**) to help improve inflammation-related problems.

EZTREK® supports and optimizes the patient's natural physiologic processes; not blocking or impeding metabolic pathways. The results are novel and often highly effective. **EZTREK®** is specifically for dietary management for patients with distinctive nutritional requirements, helping to compensate for an impaired Δ-6 desaturase metabolic pathway, as diagnosed and evaluated by a licensed medical practitioner. The patient cannot duplicate the effects of **EZTREK®** by normal / typical dietary modification alone.

Medical Practitioners wishing to learn more about this important pathway are encouraged to review the following scholarly articles:

A selected sampling of referenced scientific journals — detailing impairment of the Δ-6 Desaturase Metabolic Pathway — leading to decreased output of anti-inflammatory PGE_1:

Brenner, RR, "Hormonal modulation of Δ-6 and Δ-5 desaturases: case of diabetes," *Prostaglandins, Leukotrienes, and Essential Fatty Acids*, 68 (2003), 151-162; Mikhailidis, DP, et al., "The effect of dihomogammalinolenic on platelet aggregation and prostaglandin release, erythrocyte membrane fatty acids and serum lipids: evidence for defects in PGE_1 synthesis and Δ-5-desaturase activity in insulin-dependent diabetics," *Diabetes Research* (1986) 3,7-12; Brown JE, Lindsay RM, Riemersma RA, "Linoleic acid metabolism in the spontaneously diabetic rat: Δ-6 desaturase activity vs. product / precursor ratios," *Lipids*. 2000 Dec;35(12):1319-23; Ray, TK, et al., "Regulation of insulin receptor activity of human erythrocyte membrane by prostaglandin E1 [PGE_1]," *Biochim Biophys Acta*. 1986 Apr. 25,; 856(3):421-7; Mikhailidis, DP, et al., "The effect of dihomogammalinolenic on platelet aggregation and prostaglandin release, erythrocyte membrane fatty acids and serum lipids: evidence for defects in PGE_1 synthesis and Δ-5 desaturase activity in insulin-dependent diabetics," *Diabetes Research* (1986) 3,7-12; Hissen, W, et al., Effect of prostaglandin E_1 on platelet aggregation *in vitro* and in hemorrhagic shock," *Microvascular Research*," Vol 1, Issue 4, October 1969, pages 374-378;
Weiss, C., et al., "Hemostasis and fibrinolysis in patients with intermittent claudication: effects of prostaglandin E1, *Prostaglandins, Leukotrienes and Essential Fatty Acids*, Nov. 2000; 63(5):271–277; Nakada, T, et al., "Membrane fatty acid composition shows a Δ-6 desaturase abnormality in Alzheimer's disease, *NeuroReport 1*, 153-155 (1990); Willard, DE, et al., "Identification of a fatty acid Δ-6 desaturase deficiency in human skin fibroblasts," *The Journal of Lipid Research*, 42, 2001, pages 501-508; Libby P. "Inflammation in atherosclerosis." *Nature*. 2002 Dec 19–26;420(6917):868–874;
"A defect in the activity of Δ-6 and Δ-5 desaturases may be a factor in the initiation and progression of atherosclerosis," Prostaglandins Leukot Essent Fatty Acids. 2007;76(5):251–268; Savary, S, et al., "Fatty acids — Induced lipotoxicity and inflammation," *Current Drug Metabolism*, 2012, Vol. 13, No. 10, pages 1358-1370; Weiss, C., et al., "Hemostasis and fibrinolysis in patients with intermittent claudication: effects of prostaglandin E1," *Prostaglandins, Leukotrienes and Essential Fatty Acids*, Nov. 2000; 63(5):271–277; Lazaro, I, et al., "Linoleic Acid Status in Cell Membranes Inversely Relates to the Prevalence of Symptomatic Carotid Artery Disease," Stroke. 2021;52:703–706; Ren, H-X, et al.; Fang, W, et al., "Effect of prostaglandin E1 [PGE_1] on TNF-induced vascular inflammation in human umbilical vein endothelial cells," *Can J Physiol Pharmacol*. 2010 May;88(5):576-83; Das, U, "A defect in the activities of Δ-6 and Δ-5 desaturase and pro-resolution bioactive lipids in the pathobiology of non-alcoholic fatty liver disease," *World Journal of Diabetes*, 2011 November 15:2(11).

Please contact us if you have questions about incorporating EZTREK® into your patient's treatment plan.