

Health From The Sun
Omega 3-6-9 The Total Efa Vegetarian With Lignans
16 Fluid Ounces Liquid.

- *Whole Body Nutritional Support
- *With Flax Lignans
- *Essential Fatty Acids
- *USDA Organic
- *The Total EFA(TM) 100% vegetarian liquid contains premium quality Omega 3-6-9 fatty acids from organic, cold expeller-pressed nutritional oils along with lignans from flax particulate.
- *The Total EFA(TM) contains the most potent organic Essential Fatty Acid (EFA) oils intended to promote maximum support for heart, brain, and whole body health.

Directions

Use only as directed. Take one tablespoon daily with food or as directed by your health care practitioner. Refrigerate after opening. Shake well before each use to fully disperse lignans.

Warning

Do not use if safety seal is broken or missing. Keep out of the reach of children. Keep your licensed health care practitioner informed when using this product

Supplement Facts
Serving Size 1 TABLESPOON
Servings Per Container 31

	Amount Per Serving	% Daily Value
Calories	130	N/A*
Calories From Fat	120	N/A*
Total Fat	14 Gm	22%
Saturated Fat	1.5 Gm	8%
ORGANIC FLAXSEED OIL AND PARTICULATE	12.2 Gm	N/A*
ORGANIC BORAGE SEED OIL	1.4 Gm	N/A*
ORGANIC EVENING PRIMROSE OIL	580 Mg	N/A*
ALPHA-LINOLENIC ACID(ALA) (OMEGA-3)	5800 Mg	N/A*
Gamma-Linolenic Acid(GLA)(OMEGA-6)	290 Mg	N/A*
Linoleic Acid(Omega-6)	2300 Mg	N/A*
Oleic Acid(Omega-9)	1700 Mg	N/A*

* Daily value not established

Other Ingredients:

100% certified organic flax seed oil and particulate, borage seed oil, evening primrose seed oil, and lecithin with rosemary extract, mixed tocopherols (vitaminE), ascorbyl palmitate (vitamin C) and citric acid to protect freshness.Organic rosemary extract, mixed tocopherols (natural vitamin E), ascorbyl palmitate(vitamin C) and citric acid to protect freshness.

Certified Organic Formula with evening primrose oil, borage oil and flaxseed oil
5.8g omega-3 Alpha-Linolenic Acid from organic flaxseed oil per tablespoon
High Lignan Formula
Vegetarian formula without fish oil, provides complete spectrum of essential fatty acids

SUPPLEMENT FACTS

Serving Size 1 Tbsp. (15mL)		
Amount Per Serving	% Daily Value	
Calories	130	
Calories from Fat	120	
Total Fat	14g	22%*
Saturated Fat	1.5g	8%*
Alpha-Linolenic Acid (Omega-3)	5800mg	†
Gamma-Linolenic Acid (Omega-6)	290mg	†
Linoleic Acid (Omega-6)	2300mg	†
Oleic Acid (Omega-9)	1700mg	†

* Percent Daily Values are based on a 2000 calorie diet.

† Daily Value not established.

OTHER INGREDIENTS: Organic flaxseed oil, organic flaxseed concentrate, organic borage seed oil, organic evening primrose seed oil, organic rosemary extract, mixed tocopherols (natural vitamin E), ascorbyl palmitate (vitamin C) and citric acid to protect freshness.

1-800-9324-00

