

TRADER JOE'S®

COMPLETE EFA

FLAXSEED & BORAGE SEED
OILS WITH MOLECULARLY
DISTILLED FISH OILS
(400 MG EACH)

DIETARY SUPPLEMENT

1200 MG



90 SOFTGELS

Supplement Facts

Serving Size 1 softgel
Servings Per Container 90

Amount Per Serving	% Daily Value*
Calories	15
Calories from Fat	10
Total Fat	1 g 2%
Borage Seed Oil	400 mg †
Flaxseed Oil	400 mg †
Fish Oils (marine lip concentrate)	400 mg †

* Percent Daily Values are based on a 2000 calorie diet.
† Daily Value not established

OTHER INGREDIENTS: Gelatin, Glycerin, Purified Water.
CONTAINS: SARDINES, ANCHOVIES AND MACKEREL.

Dist. & Sold Exclusively By:
Trader Joe's, 800 S. Shamrock, Monrovia, CA 91016
Average EFA Profile**

Alpha-Linolenic Acid (ALA from Flaxseed Oil)	224 mg
(50-60% Omega 3, 12%-18% Omega 6, 12-27% Omega 9)	
Docosahexaenoic Acid (DHA from Fish Oil)	60 mg
(Omega 3)	
Eicosapentaenoic Acid (EPA from Fish Oil)	100 mg
(Omega 3)	
Gamma Linolenic Acid (GLA from Borage Oil)	81 mg
(NLT 20% Omega 3, 35-42% Omega 6, 15-20% Omega 9)	
Linoleic Acid (Omega 6)	215 mg
Oleic Acid (Omega 9)	150 mg

** Crops yield variable amounts.

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Exp. Date/Lot #:

SOFTGEL SIZE

SUGGESTED USE: Take one softgel daily with food.

**CONTAINS NO YEAST,
SUGAR OR STARCH**

Molecularly distilled fish oil made from sardines, anchovies & mackerel. Combined with cold pressed borage & flaxseed oil.

People with medical concerns should check with their physician before using this or any dietary supplement.

STORE IN A DRY PLACE AT ROOM TEMPERATURE. DO NOT REFRIGERATE. KEEP OUT OF REACH OF CHILDREN.

g* No Gluten Ingredients Used

