

Directions: Take one softgel three times daily with meals or as directed by your healthcare practitioner.

Omega EFA Complex™ is a balanced blend of essential fatty acids from flaxseed oil, borage seed oil and fish oil. It contains omega-3, omega-6 and omega-9 essential fatty acids to support healthy cardiovascular, nervous and immune system function.* Flaxseed oil is one of the richest dietary plant sources of alpha-linolenic acid (omega-3) and linoleic acid (omega-6) as well as oleic acid (omega-9). Borage oil is a rich source of gamma-linolenic acid (GLA), and ultra-pure fish oil is a rich source of omega-3 fatty acids from cold-water fish.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

CAUTION: Keep out of reach of children.

STORAGE: Keep tightly closed at room temperature.

CONTAINS: Fish (anchovy, mackerel, sardine) ingredients.

CONTAINS NO: Wheat, gluten, corn protein, yeast, dairy products, artificial colors, sweeteners or preservatives.

This Formula Meets or Exceeds cGMP Quality Standards.

NuMedica®

9503 E. 55th Place | Tulsa, OK 74145
800.869.8100 | www.numedica.com



NuMEDICA®

ACHIEVING PHYSIOLOGICAL BALANCE

Cardiovascular and Immune Support*

Omega EFA Complex™

Essential Fatty Acid Blend

60 Softgels

DIETARY SUPPLEMENT | PROFESSIONAL USE ONLY

Supplement Facts

Serving Size: 1 Softgel

Servings Per Container: 60

	Amount	% DV*
Calories	13	
Calories from Fat	12	
Total Fat	1.2 g	2%
Saturated Fat	0.2 g	1%
Polyunsaturated Fat	0.7 g	**
Monounsaturated Fat	0.3 g	**
Cholesterol	3.3 g	1%
Protein	< 1 g	< 1%
Omega 3, 6, 9 Proprietary Blend (Organic Flaxseed Oil, Fish Oil, Borage Seed Oil)	3,600 mg	**
Typical Fatty Acid Profile:		
Omega-3 Fatty Acids	1,354 mg	**
Eicosapentaenoic Acid (EPA)		**
Docosahexaenoic Acid (DHA)		**
Alpha Linolenic Acid (ALA)		**
Omega-6 Fatty Acids	296 mg	**
Linolenic Acid		**
Gamma Linolenic Acid (GLA)		**
Omega-9	266 mg	**
Oleic Acid		**

* Percent Daily Value based on 2,000 calorie diet. ** Daily value not established.

Other Ingredients: Gelatin (bovine), vegetable glycerin, mixed natural tocopherols, purified water.

