

made with  ahiflower® oil

Land-based, Non-marine Omega 3+6 Source.

#### FROM SOIL TO OIL. NATURALLY.

Ahiflower® is a proprietary form of *Buglossoides arvensis* seed oil which is the richest and most effective combined Omega-3 (SDA and ALA) and Omega-6 (GLA and LA) fatty acid source from a single non-GM plant. Further, Ahiflower oil has the highest naturally-occurring levels of stearidonic acid (SDA) and has been proven through human clinical research to metabolize to EPA in circulating cells up to 4 times better than flaxseed oil.

#### SUSTAINABLY GROWN BY INDEPENDENT FARMERS

Ahiflower® oil is farmed in an environmentally-sensitive manner that improves the biodiversity of conventional crop rotations and forms a basis for improved economic returns to growers, thus bolstering farmland conservation initiatives centered on specialty crops.

#### DIRECTIONS FOR USE: Take 3 softgels per day.

This is to confirm that Ahiflower oil is manufactured from fully refined and deodorized *Buglossoides arvensis* seed oil, which contains no detectable protein and is therefore considered to be free of allergens including gluten, which is a protein complex.

**Greens FIRST**  
GreensFirst.com

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# Greens FIRST®

## Female



100% VEGAN

NON-GMO

## Ahiflower® Oil Vegan Omega-3

*The richest, most effective combined  
essential fatty acids from a single plant*



Better Than Flax.  
Not From Fish.™

30 Day  
Supply

Omega 3 + 6  
Powerhouse

Clean Aroma  
and Taste

Dietary Supplement

90 Softgels

## Supplement Facts

Serving Size: 3 Softgels

Servings Per Container: 30

| Amount per serving                              | %DV           |
|-------------------------------------------------|---------------|
| <b>Calories</b>                                 | 15            |
| Calories from fat                               | 15            |
| <b>Total Fat</b>                                | 2250 mg 3%    |
| <b>Ahiflower® (<i>B. arvensis</i>) seed oil</b> | <b>2250mg</b> |
| Omega-3 Fatty Acids                             |               |
| Stearidonic Acid (SDA)                          | 384 mg †      |
| Alpha-Linolenic Acid (ALA)                      | 945 mg †      |
| Omega-6 Fatty Acids                             |               |
| Gamma Linolenic Acid (GLA)                      | 102 mg †      |
| Linoleic Acid (LA)                              | 204 mg †      |
| Omega-9 Fatty Acids                             |               |
| Oleic Acid (OA)                                 | 135 mg †      |

\* Percent Daily Values (%DV) are based on a 2,000 calorie diet

† Daily Value not established.

**Other Ingredients:** Gel Shell (modified food starch (NON-GMO), glycerin, purified water, carrageenan), anti-oxidant rosemary extract, tocopherols, ascorbyl palmitate

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