

STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement, take 2 capsules, 1–4 times daily, with meals.

Warning: If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Keep out of the reach of children.



Use only if safety seal is intact.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

Scan to learn about our hypoallergenic supplements



Tri-EFA

*Triple combination of essential fatty acids;
Support for joint and skin health[†]*

Gluten-free & Non-GMO
Dietary Supplement
120 SOFTGEL CAPSULES

Supplement Facts

Serving size 2 softgel capsules
Servings per container 60

	Amount Per Serving	%DV
Calories	20	
Total Fat	2 g	3% [^]
Vitamin E (as d-alpha tocopherol)	7 mg	45%
Flax (<i>Linum usitatissimum</i>) oil (seed)	800 mg	*
Borage (<i>Borago officinalis</i>) oil (seed)	800 mg	*
Fish oil (from anchovies, sardines) (50% omega-3 essential fatty acids)	800 mg	*

* Daily value (DV) not established

[^] Percent daily values are based on 2000 calorie diet

Other ingredients: gelatin capsule (gelatin, glycerin, water)

Contains fish (anchovies, sardines)

These oils typically provide:

ALA (alpha linolenic acid)	420 mg
EPA (eicosapentaenoic acid)	240 mg
DHA (docosahexaenoic acid)	160 mg
GLA (gamma linolenic acid)	160 mg

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.