

Scan for
product info

Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Take one (1) softgel one to two times daily with food, or as recommended by a healthcare practitioner.

CAUTION: If you are taking anticoagulant or antiplatelet medications, or have a bleeding disorder, consult your healthcare provider before taking this product.

Non-GMO

Store tightly closed in a cool, dry place.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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.

Q02218A



LifeExtension®

OMEGA FOUNDATIONS™

Mega GLA with Sesame Lignans



Highly Concentrated GLA Formula

Dietary
Supplement

30 Softgels

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value	
Calories	5	
Calories from fat	5	
Total Fat	0.5 g	<1%†
Saturated fat	0	0%†
Gamma-linolenic acid (GLA) [from borage oil (seed)]	400 mg	**
Sesame seed lignan extract	10 mg	**

**Daily Value not established. †Based on a 2000 calorie diet.

Other ingredients: gelatin, glycerin, silica, purified water, carob.

Manufactured for: Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, FL 33309
LifeExtension.com

To report a serious adverse event or obtain product information, contact 1-866-280-2852.