

Recommended Dose: Adults and Adolescents (12 years and older): Take 2 capsules 2 times daily with meals or as recommended by your health professional. **Warning:** If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use. Use only if safety seal is intact. Store in a cool, dry place. Keep out of the reach of children.

†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.



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

v2 **430-90U**
Made in Canada for
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GENESTRA
BRANDS®

Multi EFA Capsules

Dietary Supplement

Fish, Flax and Borage Seed Oils

*Supports cardiovascular health, cognitive function,
healthy eyes and skin†*

90 SOFTGEL CAPSULES

Supplement Facts

Serving Size 2 Capsules
Servings per Container 45

	Amount Per Serving	% DV
Calories	25	
Total Fat	2.5 g	3%^
Cholesterol	5 mg	2%
Protein	< 1 g	1%^
Δ Fish Oil (from Anchovy and Sardine)	800 mg	*
Δ Flax (<i>Linum usitatissimum</i>) Seed Oil	800 mg	*
Δ Borage (<i>Borago officinalis</i>) Seed Oil	800 mg	*
Δ Yielding		
EPA (Eicosapentaenoic Acid)	240 mg	*
DHA (Docosahexaenoic Acid)	160 mg	*
ALA (Alpha-Linolenic Acid)	424 mg	*
GLA (Gamma-Linolenic Acid)	152 mg	*
LA (Linoleic Acid)	416.6 mg	*
OA (Oleic Acid)	330 mg	*

* Daily value (DV) not established

^ Percent daily values (DV) are based on a 2,000 calorie diet

Other ingredients: Capsule (gelatin, glycerin, purified water), natural mixed tocopherols

Contains: Fish