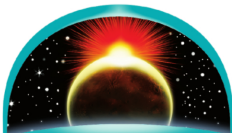


SOURCE NATURALS®



DIETARY SUPPLEMENT

COMPLETE
ESSENTIAL
FATTY ACIDS

OMEGA 3,6,9 EFA COMPLEX

30 SOFTGELS

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 10

	Amount Per Serving	%DV
Calories	40	
Calories from Fat	30	
Total Fat	3.5 g	5%*
Cholesterol	10 mg	3%
Total Carbohydrate	1 g	<1%*
Protein	1 g	2%*
Vitamin E (as mixed tocopherols)	27 IU	90%

<i>alpha</i> -Linolenic Acid (ALA) [<i>omega</i> -3]	507 mg	†
Linoleic Acid [<i>omega</i> -6]	498 mg	†
Oleic Acid [<i>omega</i> -9]	435 mg	†
Eicosapentaenoic Acid (EPA) [<i>omega</i> -3]	288 mg	†
Docosahexaenoic Acid (DHA) [<i>omega</i> -3]	192 mg	†
<i>gamma</i> -Linolenic Acid (GLA) [<i>omega</i> -6]	180 mg	†

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

†Daily Value not established.

Other ingredients: borage seed oil, flax seed oil, fish oil, gelatin, glycerin, and purified water.

Contains fish and soy.

Source Naturals **COMPLETE ESSENTIAL FATTY ACIDS** is an excellent blend of *omega*-3 and *omega*-6 fatty acids. Docosahexaenoic Acid (DHA) is an *omega*-3 fatty acid which plays a significant role in cerebral development throughout the life cycle, especially during the crucial period of fetal development and infancy. *Gamma*-Linolenic Acid (GLA) is an *omega*-6 fatty acid used by most cells in the body to produce soothing PGE1 prostaglandins.*

Suggested Use: 3 softgels daily with a meal.

NOTE: If you are pregnant, may become pregnant, or breastfeeding, consult your health care professional before using this product.

Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.

*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.

Manufactured for:

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REV 1173

