

SOURCE NATURALS®



DIETARY SUPPLEMENT

COMPLETE
ESSENTIAL
FATTY ACIDS

OMEGA 3,6,9 EFA COMPLEX

120 SOFTGELS

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 40

	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.

Contains no yeast, dairy, egg, gluten or wheat. Contains no sugar, starch, salt, preservatives, or artificial color, flavor or fragrance.

***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.**

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Manufactured for:
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