

# BIOTICS<sup>®</sup> RESEARCH CORPORATION



## Mixed EFAs<sup>™</sup>

Supplemental Source of  
Essential Fatty Acids

8 FLUID OUNCES (240 ml)

**RECOMMENDATION:** One (1) to two (2) tablespoons each day as a dietary supplement or as otherwise directed by a healthcare professional. For maximum nutritional benefits, use within 6 weeks of opening. Refrigerate after opening.

### Nutrition Facts

Serving Size: 1 Tbsp (14 ml)

Servings Per Container: 17

| Amount Per Serving |       | % Daily Value* |
|--------------------|-------|----------------|
| Calories           | 130   |                |
| Calories from Fat  | 130   |                |
| Total Fat          | 14 gm | 22%            |
| Saturated Fat      | 1 gm  | 5%             |
| Cholesterol        | 0 mg  | 0%             |
| Sodium             | 0 mg  | 0%             |
| Total Carbohydrate | 0 mg  | 0%             |
| Protein            | 0 mg  | 0%             |

Not a significant source of dietary fiber, Vitamin A, Vitamin C, Calcium and Iron.

\*Percent Daily Values based on a 2,000 calorie diet

**Ingredients:** Walnut oil, Hazelnut oil, Sesame oil and Apricot Kernel oil.

Packaged with ultra-pure nitrogen.

One tablespoon provides (on average):

Alpha-Linolenic Acid (omega-3)..... 350 mg

Linolenic Acid (omega-6)..... 5,180 mg

Oleic Acid (omega-9)..... 7,070 mg

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