

# BIOTICS RESEARCH CORPORATION



## Optimal EFAs<sup>®</sup>

Dietary Supplement  
with Essential Fatty Acids

4 FLUID OUNCES (120 ml)

**RECOMMENDATION:** One (1) teaspoon each day as a dietary supplement or as otherwise directed by a healthcare professional.

**KEEP OUT OF REACH OF CHILDREN**

Store in a cool, dry area.

Sealed with an imprinted safety seal for your protection.

NDC #55145-01401 Rev. 4/10

## Supplement Facts

Servings Size: 1 Teaspoon (5 ml)  
Servings Per Container: 24

	Amount Per Serving	% Daily Value
Calories	40	
Calories from fat	40	
Total Fat	4.5 g	6% †
Saturated fat	0	0% †
Cholesterol	7 mg	3%
Proprietary Blend	4.5 g	
Fish Oil (Anchovy & Mackerel)		*
Flax Seed Oil		*
Borage Oil		*

\*Daily Value not established

† Percent Daily Value based on a 2,000 calorie diet

Ingredients: Fish oil (from Anchovy & Mackerel), flax seed oil, borage oil, rosemary extract, ascorbyl palmitate, mixed tocopherols, citric acid and natural lemon oil.

Each Serving of Optimal EFAs<sup>®</sup> provides:

ALA (Alpha-Linolenic Acid)	630 mg
EPA (Eicosapentaenoic Acid)	357 mg
DHA (Docosahexaenoic Acid)	237 mg
GLA (Gamma-Linolenic Acid)	252 mg
Oleic Acid	459 mg



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Lot Number: 34241A

Exp. Date: OCT-15-10