

Directions: As a dietary supplement, take one or more softgels daily.

Essential Fatty Acids Ultra is a blend of oils from Evening Primrose, Borage, Flaxseed & Marine Lipid Concentrate (fish oils). This unique blend provides a full spectrum of omega 3, 6 & 9 fatty acids. These essential fatty acids support the body's structural maintenance of cell membranes and production of eicosanoids. Eicosanoids are hormone-like substances which help regulate blood pressure, blood clot formation, blood lipids, and immune response. This product should be part of any basic foundation program (i.e., a basic program of vitamins and minerals), and provides support for cardiovascular and immune systems.[†]

No sugar, salt, starch, yeast, corn, lactose, gluten, milk, egg, fish products, artificial coloring, flavoring, or preservatives added.

Store in a cool, dry place. Do not refrigerate. Please recycle.

KEEP OUT OF THE REACH OF CHILDREN.

DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.

[†] These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Viva Vitamins™ fully guarantees the potency of this product through:



OMEGA 3-6-9

Essential fatty acids

heart healthy



Support for healthy
cardiovascular and
immune system function[†]

100 softgels
dietary supplement

Supplement Facts

Serving Size: 1 Softgel

Servings Per Container: 100

	Amount Per Serving	%DV
Calories	9	
Calories from Fat	9	
Total Fat	1 g	
Vitamin E (as d-alpha tocopherol)	5 IU	17
Evening Primrose Oil	200 mg	**
(Cold Pressed, 9.5% GLA)		
Borage Oil (Cold Pressed, 20% GLA)	200 mg	**
Organic Flax Seed Oil	200 mg	**
Fish Oils (30%)	200 mg	**
Typical Values		
Omega-3 fatty acids	160 mg	**
Omega-6 fatty acids	287 mg	**
Omega-9 fatty acids	65 mg	**

* Percent Daily Value is based upon a 2,000 calorie diet.

** Daily value not established.

Other Ingredients: Gelatin, glycerin, bee's wax, soy oil, purified water.

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for more information visit www.vivavitamins.com

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