

Ultimate™ EFA Plus™ is a proprietary blend of essential fatty acids from Borage, Flax and Fish Oils. Used as part of a healthy diet, essential fatty acids may support the body in many ways, especially cardiovascular health.[†]

WARNING: If you are pregnant, nursing or taking medication, consult your healthcare professional before using this product. This product contains ingredients derived from Anchovy, Sardine and/or Pollock.

KEEP OUT OF REACH OF CHILDREN.

DIRECTIONS: Take 1 soft gel, three times a day, as directed by your healthcare professional.

† This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

20989
M000216

Youngevity
2400 BOSWELL ROAD • CHULA VISTA, CA 92011
WWW.YOUNGEVITY.COM
1.800.982.3189



Supplement Facts			
Serving Size: 1 Soft Gel			
Servings per Container: 90			
	Amount per Serving	%DV*	
Calories	12		
Calories from Fat	11		
Total Fat	1 g	2%	
Saturated Fat	<1 g	<1%	
Polyunsaturated Fat	<1 g	**	
Monounsaturated Fat	<1 g	**	
Cholesterol	3 mg	1%	
Total Omega	827 mg	**	
Typical Average Fatty Acid Profile			
Alpha Linolenic Acid (ALA) Omega 3	300 mg	**	
Linoleic Acid (LA) Omega 6	103 mg	**	
Oleic Acid (OA) Omega 9	120 mg	**	
Gamma Linolenic Acid (GLA)	19 mg	**	
Eicosapentaenoic Acid (EPA)	171 mg	**	
Docosahexaenoic Acid (DHA)	114 mg	**	
* Daily Values (DV) are based on a 2,000 calorie diet for adults and children over 4 years of age.			
** Daily Value (DV) not established.			
OTHER INGREDIENTS: Fish Oil (Anchovy, Sardines, or Pollock), Organic Flax Seed Oil, Gelatin, Glycerin, Borage Seed Oil, Purified Water, Sunflower Oil, Mixed Tocopherols			