

Ultimate™ EFA™ 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 medications, consult your healthcare professional before using this product. This product contains ingredients derived from Tuna.
KEEP OUT OF THE REACH OF CHILDREN.

DIRECTIONS: Take 1 soft gel three times a day, or 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.

Youngevity®

**ULTIMATE™
EFA™**

ESSENTIAL FATTY ACID
BLEND OF FLAX SEED,
BORAGE AND FISH OILS

**180
soft gels**

DIETARY SUPPLEMENT

Youngevity®

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FOR LIFE



MANUFACTURED IN THE U.S.A.

Supplement Facts

Serving Size: 1 Soft Gel
Servings per Container: 180

	Amount per Serving	%DV*
Calories	9	
Calories from Fat	8	
Total Fat	<1 g	1%
Saturated Fat	<1 g	<1%
Polyunsaturated Fat	<1 g	†
Monounsaturated Fat	<1 g	†
Total Omega	714 mg	†
<u>Typical Average Fatty Acid Profile</u>		
Alpha Linolenic Acid (ALA) Omega 3	447 mg	†
Linoleic Acid (LA) Omega 6	110 mg	†
Oleic Acid (OA) Omega 9	137 mg	†
Gamma Linolenic Acid (GLA)	4 mg	†
Docosahexaenoic Acid (DHA)	16 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: Organic Flax Seed Oil, Gelatin, Glycerin, Fish Oil (Tuna), Purified Water, Borage Oil, Carb Extract, Mixed Tocopherols.