

STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement, take 2 capsules, 1-2 times daily, with meals.

Warning: If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Keep out of the reach of children.



Use only if safety seal is intact. Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

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EFA Essentials

*Triglyceride-form fish oil and
borage oil blend;
Broad essential fatty acid support**

Gluten-free & Non-GMO
Dietary Supplement
60 SOFTGEL CAPSULES

Supplement Facts

Serving size 2 softgel capsules
Servings per container 30

	Amount Per Serving	%DV
Calories	20	
Total fat	2 g	3%^
Fish oil concentrate (from anchovies, sardines) providing:	1,914 mg	*
EPA (eicosapentaenoic acid)	570 mg	
DHA (docosahexaenoic acid)	430 mg	
other omega-3 fatty acids	130 mg	
Borage (<i>Borago officinalis</i>) oil (seed) providing:	300 mg	*
GLA (gamma-linolenic acid)	50 mg	

* Daily value (DV) not established

^ Percent daily values are based on a 2,000 calorie diet

Other ingredients: gelatin capsule (gelatin, glycerin, water), natural lemon flavor, proprietary natural antioxidant blend (rosemary leaf extract, natural tocopherols, ascorbyl palmitate)

Contains fish (anchovies, sardines)

#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.

manufactured for: **Pure Encapsulations**
490 Boston Post Road, Sudbury, MA
1-800-753-2277 www.PureEncapsulations.com

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code: **EFA6**