

Recommended Dose: Adults and Adolescents (12 years and older): Take 2 softgels 2 times daily with meals or as recommended by your health professional. **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. Store in a cool, dry place.

†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.



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Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.



v3 **430-90U**
Made in Canada for
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GENESTRA
BRANDS®

Multi EFA Capsules

Dietary Supplement

Fish, Flax and Borage Seed Oils

*Supports cardiovascular health, cognitive function,
healthy eyes and skin†*

90 SOFTGELS

Supplement Facts

Serving Size 2 Softgels
Servings per Container 45

	Amount Per Serving	% DV
Calories	20	
Total Fat	2 g	3%^
Δ Fish Oil (from Anchovy and Sardine)	800 mg	*
Δ Flax (<i>Linum usitatissimum</i>) Seed Oil	800 mg	*
Δ Borage (<i>Borago officinalis</i>) Seed Oil	800 mg	*
Δ Yielding		
EPA (Eicosapentaenoic Acid)	220 mg	*
DHA (Docosahexaenoic Acid)	140 mg	*
ALA (Alpha-Linolenic Acid)	424 mg	*
GLA (Gamma-Linolenic Acid)	152 mg	*
LA (Linoleic Acid)	416.6 mg	*
OA (Oleic Acid)	330 mg	*

* Daily value (DV) not established

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

Other ingredients: Capsule (gelatin, glycerin, purified water), mixed tocopherols concentrate

Contains: Fish (anchovy, sardine)