

Omega EFA™ features a balanced blend of antioxidant-stabilized omega-3 and omega-6 essential fatty acids. Essential fatty acids are precursors of eicosanoids, a group of hormone-like compounds produced in the body. A healthy balance of eicosanoids helps to support healthy cardiovascular and nervous system function. Advantages of this premium formula include:

- Third-party assayed
- Natural lemon flavor

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

DIRECTIONS: Take one softgel daily or as directed by your healthcare practitioner.

CAUTION: If pregnant or nursing, or taking medication—including blood thinning medications—consult your healthcare practitioner before use. Do not use before surgery. Keep out of the reach of children.

STORAGE: Keep tightly closed in a cool, dry place.

Formulated to Exclude: Wheat, gluten, egg, dairy products, nuts, tree nuts, colors, artificial sweeteners, and artificial flavors.

 **Metagenics®**
Genetic Potential Through Nutrition

Omega-EFA™

Stabilized Omega-3s & Omega-6s



Dietary Supplement

60 SOFTGELS

Supplement Facts

Serving Size 1 Softgel
Servings Per Container 60

	Amount Per Serving	%Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1 g	8%*
Cholesterol	<5 mg	
Natural Marine Concentrate	500 mg	**
EPA (Eicosapentaenoic acid)	155 mg	**
DHA (Docosahexaenoic acid)	120 mg	**
Other Omega-3 Fatty Acids	40 mg	**
Borage Oil	500 mg	
Gamma-Linolenic Acid	90 mg	**
Other Omega-6 Fatty Acids	150 mg	**

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

**Daily Value not established.

Ingredients: Natural marine concentrate [fish (anchovy, herring, sardine)], borage oil, gelatin, glycerin, purified water, natural lemon flavor, rosemary extract, ascorbyl palmitate, and natural tocopherols. Contains: fish (anchovy, herring, sardine).

Developed and Manufactured by: **METAGENICS, INC.**
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