

BIO-EFA™

Borage Oil

EDIBLE OIL



100 % Pure
100 % Natural

NET WT. 4 FL. OZ.
(118 ml.)

Usage: 1/2 teaspoon for
ingestion per day.

Ingredients: 100% Borage oil
with 10 mg. Vitamin E to
preserve the quality.

Nutritional information:
Serving size: 1/2 tsp.....2.5g

Serving per container	48
Calories	22
Protein	0g
Carbohydrate	0g
Percent of Calories	
from Fat	100 %
* Polyunsaturated	1.4g
* Saturated	0.3g
* Cholesterol	0mg
Sodium	0mg

Percentage of U.S.
Recommend Daily Allowance:
Contains less than 2% of the
U.S. RDA of protein, Vitamin
A, Vitamin C, Thiamine,
Riboflavin, Niacin, Calcium,
Iron.

"The information on fat and
cholesterol control is provide
for individuals who, on the
advice of physicians are
modifying their dietary intake
of fat and cholesterol."

Distributed By:
Health from the Sun
Sunapee, NH 03782

Borage oil is derived
from seeds of the
borage plant. One of the
richest known sources
of polyunsaturated oils
commercially produced,
it is an edible oil which
contains
Gamma-Linolenic Acid
(GLA) and Linoleic Acid
(LA).



Refrigerate after opening.