

Directions: Take one softgel three times per day with meals or as directed by your healthcare practitioner.

Omega EFA Complex™ is a balanced blend of essential fatty acids from flaxseed oil, borage seed oil and fish oil. It contains omega-3, omega-6 and omega-9 essential fatty acids to support healthy cardiovascular, nervous and immune system function.* Flaxseed oil is one of the richest dietary plant sources of alpha-linolenic acid (omega-3) and linoleic acid (omega-6) as well as oleic acid (omega-9).* Borage oil is a rich source of gamma-linolenic acid (GLA), and ultra-pure fish oil is a rich source of omega-3 fatty acids from cold-water fish.*

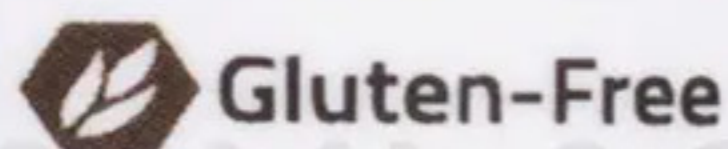
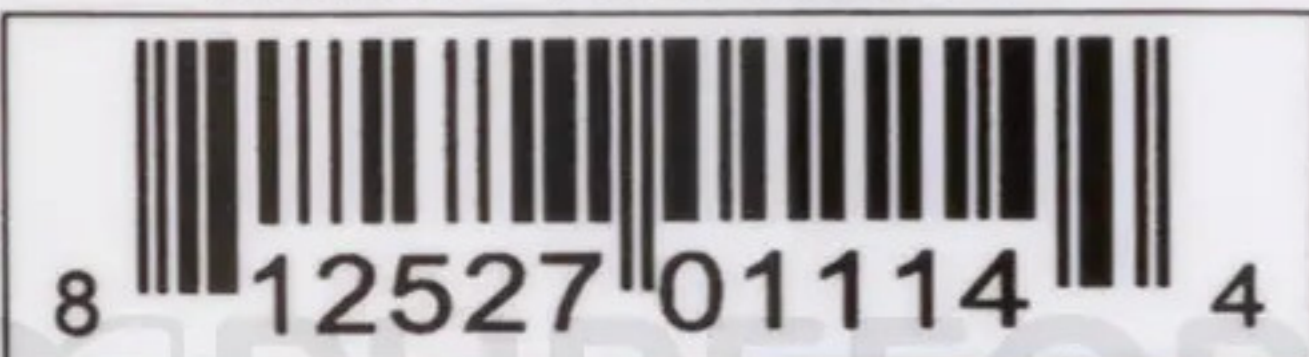
***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

Caution: Keep out of reach of children.

Storage: Keep tightly closed at room temperature.

Does Not Contain: Milk, eggs, shellfish, tree nuts, peanuts, wheat, artificial sweeteners or preservatives.

v30.OYF-10000NM114



PROFESSIONAL QUALITY FORMULAS

Omega EFA Complex™

Essential Fatty Acid Blend

60 Softgels
DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Softgel

Servings Per Container 60

Amount Per Serving	% Daily Value	
Calories	13	
Total Fat	1.2 g	2%†
Protein	< 1 g	< 1%†
Vitamin E (as d-alpha tocopherol) (5 IU)	3 mg	20%
Organic Flaxseed Oil	400 mg	**
Alpha Linolenic Acid (ALA) (257 mg)		**
Marine Lipid Concentrate	400 mg	**
Eicosapentaenoic Acid (EPA) (120 mg)		**
Docosahexaenoic Acid (DHA) (80 mg)		**
Borage Oil	400 mg	**
Gamma Linolenic Acid (GLA) (80 mg)		**
Typical Fatty Acid Profile (example):		
Omega-3 Fatty Acids	400 mg	**
Omega-6 Fatty Acids	240 mg	**
Omega-9 Fatty Acids	164 mg	**

**Daily Value not established.

Other Ingredients: Gelatin (bovine), glycerin, purified water, vitamin E (as d-alpha tocopherol).

Contains: Fish (anchovy, sardine) and vitamin E derived from soy.

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