

Directions: As a dietary supplement, take one softgel daily preferably with a meal or as directed by a healthcare practitioner.

Bluebonnet's Multi-EFA's 1000 mg Softgels provide essential fatty acids, from 100% plant sources. **Multi-EFA's** provides the omega fatty acids **Omega-3**, **Omega-6** and **Omega-9**. Available in easy-to-swallow softgels for maximum assimilation and absorption.

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.



New



Multi-EFA's

Flax Seed, Evening Primrose & Borage Oil
Omega-3, Omega-6, Omega-9
Dietary Supplement
90 Softgels

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving		% Daily Value
Multi-EFA Oil Blend	1000 mg	*
(flax seed oil, evening primrose oil, borage oil)		
Omega-3 (alpha linolenic acid)	290 mg	*
Omega-6 (linoleic acid)	320 mg	*
Omega-6 (gamma linolenic acid)	50 mg	*
Omega-9 (oleic acid)	100 mg	*

* Daily Value not established.

Other ingredients: Gelatin, glycerin, water.

Manufactured for
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