

WHOLE BODY
NUTRITIONAL
SUPPORT

HEALTH FROM THE
SUN



THE TOTAL EFA™

**FLAX • BORAGE
EVENING PRIMROSE**
with Flax Lignans

**VEGETARIAN
FORMULA**

OMEGA 3-6-9



DIETARY SUPPLEMENT
16 FL. OZ. (473 ML)

WARNING: Do not use if safety seal is broken or missing. Keep out of reach of children. Keep your licensed health care practitioner informed when using this product.

Directions: Use only as directed. Take one tablespoon daily with food or as directed by your health care practitioner. Store in a cool, dry place. Refrigerate after opening.

Supplement Facts

Serving Size 1 Tablespoon (13.8 g)

Servings Per Container About 31

	Amount Per Serving	% Daily Value
Calories	130	
Calories from Fat	120	
Total Fat	14 g	22%†
Saturated Fat	1.5 g	8%†
Organic Oil Blend** (Flax Seed, Borage Seed and Evening Primrose Seed)	11,700 mg	*
Supplying 5,800 mg Alpha-Linolenic Acid (ALA) [omega-3], 2,300 mg Linoleic Acid (LA) [omega-6], 1,700 mg Oleic Acid (OA) [omega-9] and 290 mg Gamma-Linolenic Acid (GLA) [omega-6]		
Organic Lignan Particulate**	2,070 mg	*

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

*Daily Value not established.

Discussion: The Total EFA™ vegetarian liquid is a comprehensive, purely plant-based omega 3-6-9 nutritional supplement, fortified with lignan-rich flax particulate. The Total EFA™ is a blend of **certified organic flax, borage and evening primrose oils**. Together, these potent plant oils supply an optimal fatty acid profile, intended to provide nutritional support for heart, brain and whole-body health in just **one tablespoon per serving**. The superior flavor and freshness of The Total EFA™ is preserved with a nitrogen-flushed, induction sealed bottle. Enjoy The Total EFA™ by the spoonful, or add to smoothies, dips or dressings for easy omega nutrition.

Rigorously **quality** tested to guarantee **purity, potency** and **truth-in-labeling**.

**Certified organic by Pro-Cert

Product of Canada

Mfd. for NutraPure, Inc.

www.reachforlife.com

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