

More ALA Omega-3 than fish or flax. Chia seeds may be one of the richest natural sources of ALA Omega-3s on the planet. They're a more sustainable source, too. Chia seeds, a gift from the Creator, are known to be a vital source of nourishment. Chia seed Omega-3s support a healthy Omega-3-to-6 ratio, helping to balance the typical excess Omega-6 in modern foods.*

CHIA OMEGA® + EPA & DHA is one of the world's first products to combine cold-pressed Chia seed oil with plant-sourced EPA and DHA. DHA helps maintain healthy nerve, eye, and brain cells.* Both EPA and DHA support heart health.* Chia seed Omega-3s support mental clarity and heart health.* It's an Omega-3 powerhouse!*



- FISH FREE - NO after-taste or fishy burps
- Sustainable source
- Vegan and cruelty-free

life's DHA is a trademark of DSM

Good for You, Good for the Planet.™

Learn more at www.EssentialFormulas.com

* 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.

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ESSENTIAL FORMULAS

CHIA OMEGA®



+ EPA & DHA

HELPS MAINTAIN HEALTHY EYE, NERVE, BRAIN CELLS*
SUPPORTS HEART HEALTH AND MENTAL COGNITION*

ESSENTIAL FATTY ACID (EFA) • NATURE'S ALTERNATIVE TO FISH OIL™
DIETARY SUPPLEMENT • 60 VEGAN SOFTGELS

Supplement Facts

Serving Size 2 Softgels Servings Per Container 30

Amount Per Serving % Daily Value**		
Calories	20	
Calories from Fat	20	
Total Fat	2.1 g	3%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Omega 3 Fatty Acids		
Alpha Linolenic Acid (ALA)	1,050 mg	†
Docosahexaenoic Acid (DHA, Algal)	70 mg	†
Eicosapentaenoic Acid (EPA, Algal)	35 mg	†
Omega 6 Fatty Acid		
Linoleic Acid (LA)	308 mg	†
Omega 9 Fatty Acid		
Oleic Acid (OA)	108 mg	†

† Daily Value not established

** % Daily Values are based on a 2000 calorie diet

Ingredients: Expeller-pressed Chia (*Salvia hispanica* L.) seed oil with mixed tocopherols, modified food starch (non-GMO), DHA/EPA algal oil, vegetable glycerin, purified water, sorbitol, carrageenan. **Suggested Use:** Take 2 softgels daily, with or without food.

Keep out of reach of children. If you are pregnant, nursing, on medication or have any medical condition consult a qualified health care professional before using this product or any other dietary supplement.

EXPIRATION DATE

LOT

