

Formulated by award-winning scientist Ichihiro Ohhira, Ph.D., Essential Living Oils provides a certified vegan source of Omega-3, -6, and -9 essential fatty acids in the proper ratio of 4:1:1. The cold-pressed oils are derived from eight non-GMO plants and seeds organically grown to Japanese Agricultural Standards. This blend provides all the good fats in an ideal balance to support whole health.*

Suggested Use: 2 capsules daily with a meal or as directed by a health care professional. Keep out of reach of children. Store in a cool dry place.

***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™

Dr. Ohhira's Essential Living Oils™

VEGAN ALTERNATIVE TO FISH OILS



COMPLETE AND BALANCED EFA

60 CAPSULES

DIETARY SUPPLEMENT • PRODUCT OF JAPAN • NET WT. 27G

Supplement Facts

Serving Size: 2 capsules (900 mg)
Servings per container: 30

	Amount per Serving	% Daily Value†
Calories	6.5	
Calories from fat	5.5	
Total Fat	.61 g	<1%
	Weight mg	% Volume
α-Linolenic acid (ALA)	551.5	61.5
Linoleic acid (GLA)	143.1	15.9
Oleic acid	115.0	12.7
Palmitic acid	41.4	4.6
Stearic acid	29.7	3.3
Caprylic acid	9.0	1.0
Vaccenic acid	4.5	0.5
Capric acid	1.8	0.2
Gadoleic acid	0.9	0.1

†Percent Daily Values are based on a 2,000 calorie diet. ALA, GLA, vitamin E, antioxidants and micronutrients are naturally occurring constituents.

Ingredients: Flax seed oil (*Linum usitatissimum*), rice bran oil (*Oryza sativa*), sunflower seed oil (*Helianthus annuus*), avocado oil (*Persea Americana*), perilla oil (*Perilla frutescens*), tea seed oil (*Camellia oleifera*), olive oil (*Olea Europaea*), borage oil (*Borago officinalis*).
Capsule Ingredients: Food grade vegetable ingredients (tapioca starch [derived from yam], carrageenan [derived from seaweed], and vegetable glycerin).