

Max EFA™ is a synergistic and proprietary formula, comprised of the following essential fatty acids:

Flaxseed Oil: Flaxseed Oil is considered to be the world's richest source of two very important EFAs. These two essential fatty acids are alpha linolenic acid, an omega-3 fatty acid, and linoleic acid, an omega-6 fatty acid. Flaxseed Oil also contains oleic acid, an omega-9 fatty acid, which is non-essential.

Wheat Germ Oil: Wheat Germ Oil contains several very important nutrients. Wheat Germ Oil is a rich source of linoleic acid and also includes alpha linolenic acid and oleic acid. In addition to this, it is rich in the nutrients Octacosanol and Vitamin E.

Conjugated Linoleic Acid (CLA) Oil: CLA is not actually an essential fatty acid, but a variation of linolenic acid, which is one of the essential omega 3 fatty acids. Derived from Safflower Oil, CLA contains the bioactive isomers *cis-9*, *trans-11* and *trans-10*, *cis-12* in the ideal 1:1 ratio. There have been substantial studies suggesting that CLA may increase metabolism and energy as well as help reduce the risk of certain types of cancers.†

Evening Primrose Oil (EPO): EPO is the most popular source of gamma linolenic acid (GLA) another omega-6 fatty acid. This is another variation of alpha linolenic acid, that has some very exciting research behind it.

Borage Seed Oil: Borage Seed Oil is the most potent source of GLA. The benefits and research are very similar to Evening Primrose Oil, and the research is very exciting because it contains a much higher concentration of GLA.

The proprietary and synergistic components that make up **Max EFA™** cover the entire spectrum of essential fatty acids and variations of them. The MM Sports Nutrition Research & Development Team is confident that this is the best EFA formula available on the market today.

Warning: Any omega-3 fatty acid supplement, including alpha linolenic acid (ALA), should not be taken by persons taking blood thinners (e.g., aspirin, warfarin), other anticoagulants or facing surgery and should inform their physician. Probably best avoided during pregnancy due to effects on hormones.

KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL, DRY PLACE AWAY FROM MOISTURE AND SUNLIGHT. ALWAYS KEEP TIGHTLY SEALED.

†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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max EFA

ESSENTIAL FATTY ACID COMPLEX

DIETARY SUPPLEMENT • 120 Softgels

Directions: Suggested Dosage: 4 capsules daily. Dosage Option: Preferably 2 in the morning and 2 in the evening.

Supplement Facts

Serving Size: 4 Softgels
Calories: 36

Servings Per Container: 30
Calories from Fat: 36

	Amount Per Serving	% DV*
Flaxseed Oil	1800 mg	**
Wheat Germ Oil	800 mg	**
CLA (Conjugated Linoleic Acid) Oil	600 mg	**
EPO (Evening Primrose Oil)	400 mg	**
Borage Seed Oil	400 mg	**

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

**Daily Value not established

Other Ingredients: Gelatin, glycerin.

To report a serious adverse event, contact:
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