

Supplement Facts

Serving Size 1 Softgel Servings Per Container 90

Amount Per Serving		%DV
Calories	9	
Calories from Fat	9	
Total Fat	1g	<2%*
Saturated Fat	0g	0%
Cholesterol	0mg	0%
High Lignan Flaxseed Oil	1000mg	
α-Linolenic Acid (Omega-3)		**
Linoleic acid (Omega-6)		**
Oleic acid (Omega-9)		**
Other Fatty acids, Lignans		**

*Percent Daily Values based on a 2,000 calorie diet

** Daily Value (DV) not established.

OTHER INGREDIENTS: Gelatin, glycerine, purified water, carob extract. Made in a GMP facility on equipment that processes milk, soy, egg, peanuts, tree nuts, fish, shellfish, and wheat.

DOSAGE: Take 1-6 softgels daily, or as directed by your Health Care professional.

WARNING: Keep out of reach of children.

This dietary supplement should not replace healthy diet and healthy lifestyle.

*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.

Plant #3001104580

MADE PROUDLY IN THE U.S.A.
Formulated, Tested & Manufactured By:

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Nutrition**
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OMEGA EFA™

Cold-Pressed Flaxseed Oil Supplement

90 Softgels

1000mg Essential Premium-Grade Omega 3, 6 & 9 Fatty Acids | Optimum Purity & Potency

C2614-G-32306

WHO WE ARE Universal Nutrition has been providing cutting edge and staple nutritional supplements to bodybuilders and hard training athletes the world over since 1977. As time passes, certain ideals never go out of style. Honesty. Integrity. Respect. These are the values we uphold and are the bedrock upon which we built our business. **WHAT IT IS** Universal's Omega EFA™ contains only the purest ingredients. Our Omega EFA™ is a clear, amber liquid, cold pressed from the highest grade flax seeds available. Specially coated for convenience and freshness, these softgel capsules contain 1000mg of flax oil optimally balanced in omega-3 and omega-6 fatty acids. Perfect for hard training athletes and bodybuilders alike. * **HOW WE BACK IT UP** What is on the label is in the bottle and what is in the bottle will help you reach your goals. We believe it and proudly stand behind every product we manufacture. Our word is our bond.