Recommended Dose: Adults and Children (9 years and older): Take two teaspoons two times daily with meals or as recommended by your healthcare practitioner. Children (1-8 years): Take two teaspoons daily with a meal or as recommended by your healthcare practitioner. If preferred, Fruit EFA may be mixed with juice or water. Guaranteed to contain no added wheat, gluten, sodium, artificial coloring or dairy products. Quality Assurance: Vacuum-sealed for your protection and for product freshness. Do not use if outer seal is missing or broken. Refrigerate after opening. Keep out of reach of children.



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BARCODE LOCATION 883196 10730



## Fruit EFA ESSENTIAL FATTY ACID SUPPLEMENT

**10** fl oz (300 ml)

## Supplement Facts

Serving Size 2 Teaspoons (10 ml) Servings per Container 30

Each Serving Contains		% DV for Adults and Children 4 years and older	% DV for Children 1-3 years
Calories	45		
Calories from Fat	25		
Total Fat	2.5 g	4%♦	*
Saturated Fat	0.5 g	3%◆	*
Polyunsaturated Fat	1.5 g	*	*
Cholesterol	25 mg	8%	*
Total Carbohydrate	5 g	2%◆	*
Sugars	5 g	*	*
Vitamin A	160 IU	3%	6%
Vitamin C	58 mg	97%	145%
Fish Oil (Sardine and Anchovy)	2554 mg	*	*
Yielding			
EPA (Eicosapentaenoic Acid)	560 mg	*	*
DHA (Docosahexaenoic Acid)	410 mg	*	*

Percent Daily Values (DV) are based on a 2,000 calorie diet
 Paily Value not established

Other ingredients: Concentrated pineapple juice, starch, purified water, fructose, concentrated orange juice, mango puree, banana puree, hydroxypropyl alginate, ascorbic acid, pineapple flavor, acacia gum, natural mixed tocopherols, vanilla flavor, potassium sorbate