

Recommended Adult Dose: Take three capsules daily with a meal or as recommended by your healthcare practitioner. **Risk Information:** If you are allergic to plants of the Lamiaciae/Labiatae/Mint family, do not use. If you are pregnant or breastfeeding, consult your healthcare practitioner prior to use. **Guaranteed** to contain no added wheat, starch, yeast, gluten, corn, soy, sodium, sugar, artificial coloring or flavoring, antimicrobial preservatives or dairy products. **Quality Assurance:** Safety-sealed for your protection and for product freshness. Do not use if outer seal is missing or broken. Store in a cool, dry place.

Seroyal
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V1.0 **434**



GENESTRA BRANDS™

Perilla EFA

ESSENTIAL FATTY ACID SUPPLEMENT

90 Softgel Capsules

Supplement Facts

Serving Size 3 Capsules
Servings per Container 30

Each Serving Contains		% DV
Calories	30	
Calories from Fat	25	
Total Fat	3 g	4% ♦
Protein	< 1 g	2% ♦
Perilla (<i>Perilla frutescens</i>) Seed Oil	3000 mg	*
Yielding		
ALA (Alpha-Linolenic Acid)	1650 mg	*
LA (Linoleic Acid)	450 mg	*
OA (Oleic Acid)	390 mg	*

♦ Percent Daily Values (DV) are based on a 2000 calorie diet
* Daily Value not established

Other ingredients: Bovine gelatin, glycerin, purified water