

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 Lamiaceae/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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Pittsburgh, PA 15275
1-888-737-6925

V1.0 434

BARCODE LOCATION
883196 10491



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
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Total Fat	3 g	4% ♦
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Protein	< 1 g	2% ♦
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Perilla (<i>Perilla frutescens</i>) Seed Oil	3000 mg	*
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Yielding

ALA (Alpha-Linolenic Acid)	1650 mg	*
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LA (Linoleic Acid)	450 mg	*
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OA (Oleic Acid)	390 mg	*
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♦ Percent Daily Values (DV) are based on a 2000 calorie diet

* Daily Value not established

Other ingredients: Bovine gelatin, glycerin, purified water