

For adverse events
and medical enquiries,
please call 952-852-4616

Efamol

Efalex
Evening Primrose
Oil and Tuna Oil
Dietary Supplement
PROVIDES ESSENTIAL
FATTY ACIDS



180
CAPSULES

180
CAPSULES

- **SAFETY SEAL AROUND CAP**
- **DO NOT USE IF SAFETY SEAL IS BROKEN OR MISSING**
- **SUGGESTED DAILY INTAKE:** Adults and children aged 5 years and over: 2-3 capsules per day with food or drink.
Children 2-5 years: 1-3 capsules per day with food or drink.
- **TAKING THIS PRODUCT FOR THE FIRST TIME:**
The amounts should be doubled for the first 12 weeks.

Supplement Facts

Serving size 3 capsules

Amount per serving	% Daily Value
Calories	15
Calories from fat	15
Total Fat (from Evening Primrose Oil and Tuna Oil)	1.5g 2.5%
Polyunsaturated Fat	800mg
Vitamin E (as d-alpha tocopherol)	22.4IU 75%
EFamol Pure Evening Primrose Oil and Tuna Oil	1.5g
Linoleic Acid	351mg
Gamma-Linolenic Acid	48mg
Docosahexaenoic Acid	240mg
Arachidonic Acid	18mg
Thyrene Oil	3.9mg

*Percent Daily Values are based on a 2,000 calorie diet. **Daily values not established.

OTHER INGREDIENTS: Gelatin and glycerin



For adverse events
and medical enquiries,
please call 952-852-4616

Manufactured For:
Efamol Limited, 14 The Mole Business Park,
Wetherhead, Surrey, KT22 7BA, U.K.
Product of South Africa

EFamol and Efalex are registered trademarks used under license from Efamol Ltd.

Best Before: 01/15

Batch No.: 73710

STORE IN A COOL,
DRY PLACE.
KEEP OUT OF
REACH OF CHILDREN.