



Optimal EFAs Caps™

Two (2) capsules supplies:

Calories 20

Calories from fat 20

Total Fat 2 gm

Saturated fat 0 gm

Cholesterol 5 mg

Proprietary Blend: 2 gm

Fish oil, Flax seed oil, Borage oil Each serving provides 1,000 mg of natural marine lipid concentrate, providing a natural source of the following Omega-3 Fatty Acids:

ALA (Alpha-Linolenic acid) 280 mg

EPA (Eicosapentaenoic acid) 159 mg

DHA (Docosahexaenoic acid) 105 mg

GLA (Gamma Linolenic acid) 112 mg

Oleic acid. 204 mg

RECOMMENDATION: Two (2) capsules taken two (2) times each day as a dietary supplement or as otherwise directed by a healthcare professional.

Contains: 120 Capsules

Product #: 1407

NDC: 55146-01407

Optimal EFAs - supplies a unique blend of the highest quality fish, flaxseed and borage oils, providing a balanced blend of omega-3, 6, and 9 essential fatty acids in optimal ratios.