



Item# 20641 - 60 Soft Gel Capsules
Item# 21832 - 180 Soft Gel Capsules

ULTIMATE EFA™

Ultimate EFA™ is a 100% organic blend of flax seed oil and borage oil. This product is a must-have for those concerned about maintaining health in an organic way. Consumption of Omega-3 fatty acids may reduce the risk of coronary heart disease. The FDA has evaluated the data and determined that, although there is scientific evidence supporting the claim, the evidence is not conclusive. Ultimate EFA™ should be used as part of a complete nutritional program.

- Promotes optimal health and well-being
- Supports healthy heart function • Supports cardiovascular health*

Supplement Facts

Serving Size: 1 Soft Gel Servings per Container: 60

Amount per Serving	% Daily Value†	
Calories	9	
Calories from Fat	9	
Total Fat	1 g	1.50%
Saturated Fat	0.1 g	<1%
Polyunsaturated Fat	0.7 g	*
Monounsaturated Fat	0.18 g	*

† % Daily Values are based on a 2,000 calorie diet

* Daily Value not established

Other Ingredients: Organically grown flax seed oil (*Linum usitatissimum*) 830 mg, herbicide/pesticide-free borage seed oil (*Borago officinalis*) 170 mg, fish oil 20 mg and soft gel capsule (gelatin, vegetable glycerin, carob [for coloring] and purified water).

Average Fatty Acid Analysis: (one capsule)

Alpha linolenic acid (omega 3)	455 mg
Linoleic acid (omega 6)	190 mg
Oleic acid (omega 9)	175 mg
Gamma linolenic acid (GLA)	35 mg
Docosahexaenoic acid (DHA)	10 mg
Vitamin E (naturally occurring)	3 IU