



Item# 20989 - 90 Soft Gels

ULTIMATE EFA PLUS™

This proprietary blend of essential fatty acids from borage, flax, and fish oils is formulated to support the body in many ways. EFAs have been shown to support healthy coronary function. 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 Plus™ should be used as part of a complete nutritional program.

Supplement Facts

Serving Size: 1 Soft Gel Servings per Container: 90

Amount per Serving		% Daily Value†
Calories	12	2%
Calories from Fat	11	
Total Fat	1.1 g	<2%
Saturated Fat	0.17 g	<1%
Polyunsaturated Fat	.7 g	*
Monounsaturated Fat	.2 g	*
Vitamin E (as mixed tocopherols)	10 IU	33%

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

* Daily Value not established

Other Ingredients: Borage seed oil, flax seed oil, fish body oil, natural vitamin E, and capsule (gelatin, glycerin, and water).

Average Fatty Acid Analysis: (one capsule)

Alpha linolenic acid (omega 3)	212 mg
Linoleic acid (omega 6)	174 mg
Oleic acid (omega 9)	134 mg
Gamma linolenic acid (omega 6)	76 mg
Eicosapentaenoic acid (EPA) (omega 3)	120 mg
Docosahexaenoic acid (DHA)	80 mg

* These statements have not been evaluated by the FDA. This is not intended to diagnose, treat, cure or prevent any diseases.