Friday, December 17, 2004

# Supplements

## ULTRA CONCENTRATED OMEGA™ 3•6•9

**Supplies Important EFAs**

Although the recent trend has been toward a more fat-free diet, we now understand that some good fats are actually essential to human well-being. The Multi-EFA is a convenient and easy way to get these good fats and maintain good health.**

Click for more information




**Item #:** 4100
**Type:** Softgel
**Size:** 90
**Serving Size:** 2

**Additional Information**
**Directions**

**Other Ingredients**

**Does Not Contain**

# Supplement Facts

**Serving Size** 2 softgels
**Servings Per Container** 45

| Amount Per Serving | | % Daily Value |
|---|---|---|
| Calories 25 | | |
| Calories from Fat 20 | | |
| Total Fat 2.5 g | | 4%* |
| Saturated Fat 0 g | | 0%* |
| Monounsaturated Fat 0 g | | ** |
| Polyunsaturated Fat 1.5 g | | ** |
| Trans Fat 0 g | | ** |
| Cholesterol 6 mg | | 2%* |
| Protein 0.5 g | | 1%* |
| Vitamin E (as mixed tocopherols) | 20 I.U. | 67% |
| Fish Oil Concentrate (from anchovy, mackerel, sardine) | 800 mg | ** |
| Borage Seed Oil | 800 mg | ** |
| Flax Oil (seed) | 800 mg | ** |
| *alpha*-Linolenic Acid (from flax seed oil) | 424 mg | ** |
| Linoleic Acid (from borage & flax seed oil) | 416 mg | ** |
| Oleic Acid (from borage & flax seed oil) | 362 mg | ** |
| Eicosapentaenoic Acid (EPA) (from fish oil concentrate - anchovy, mackerel, sardine) | 240 mg | ** |
| Docosahexaenoic Acid (DHA) (from fish oil concentrate - anchovy, mackerel, sardine) | 160 mg | ** |
| *gamma*-Linolenic Acid (GLA) (from borage seed oil) | 152 mg | ** |

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

**Directions:** Adults take two (2) or more softgels per day. For best utilization take with food.

**Other Ingredients:** Gelatin, glycerin, purified water (capsule shell).

**No:** Artificial color or flavor, wheat, gluten, sodium, sugar, lactose, yeast, starch, nut products, preservatives.

**This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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*Last Updated: 12/17/2004*

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