

Ultimate Capsules & Tablets



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

EFA™

The perfect supplement for vegetarians! 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



Item# 20989 -
90 Soft Gel Capsules

EFA PLUS™

This proprietary blend of essential fatty acids from borage, flax and fish oils is formulated to support the body in many ways. EFA's 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 and 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