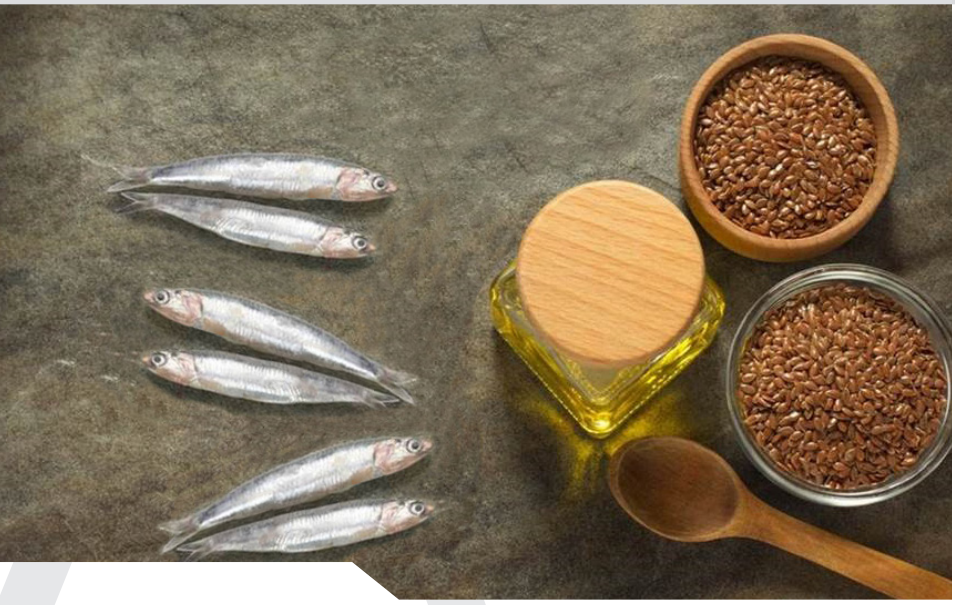
Optimal EFAs®

BALANCED FOR YOUR HEALTH AND NUTRITION

OMNIPURE TG GUARANTEE



Optimal EFAs® supplies a unique balance of omega-3, -6, and -9 fatty acids by using the highest quality fish, flaxseed, and borage oils. Each capsule provides optimal ratios of alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA), gamma-linolenic acid (GLA) and oleic fatty acids.

Biotics Research Corporation takes pride in periodically reviewing raw material sources to be certain the freshest ingredients comprise our products. We are pleased to announce that *new and improved* **Optimal EFAs®** now contains EPA and DHA sourced from a strategically-placed facility in the far South Pacific Ocean off the coast of Chile, guaranteeing the freshest fish oil available with full traceability and unparalleled purity.

Essential Fatty Acids (EFAs) play an integral role in the optimal functional of our bodies, and help build the foundation for overall health. They are required for the formation of cell membranes, and are essential for cerebral and neurological development and functioning. EFAs are also necessary for the production of eicosanoids, which are collectively responsible for regulating blood pressure and viscosity, and mediating and regulating immune and inflammatory responses.

"Optimal EFAs® supplies a balance of essential fatty acids in amounts and ratios which provide significant health-promoting benefits to the widest range of patient groups."

Alex Vasquez, DC, ND, DO

BIOTICS® RESEARCH CANADA

"The Best of Science and Nature"

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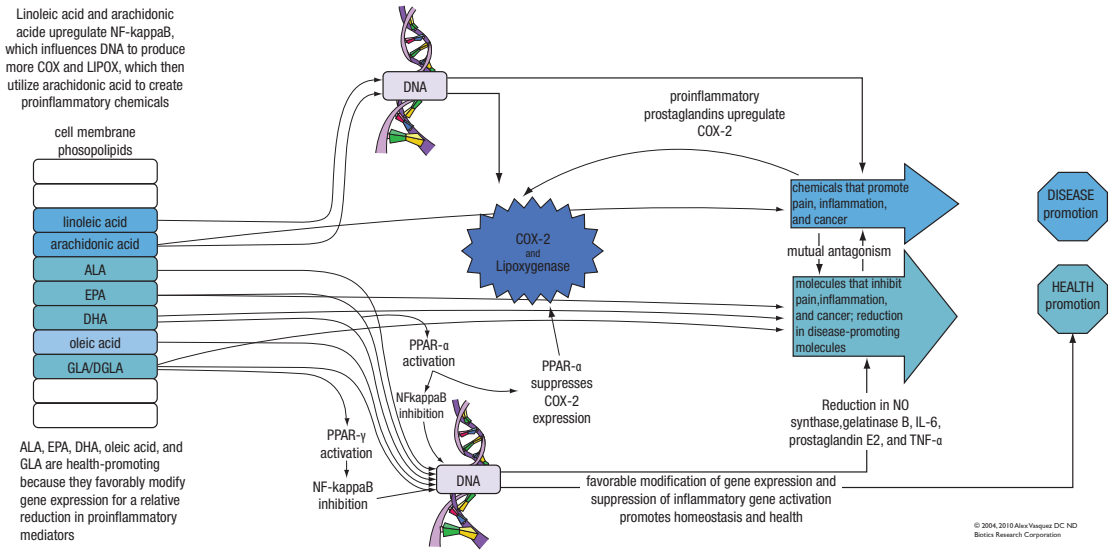
Optimal EFAs®



Essential Fatty Acids

Fatty acid imbalances are common in societies that consume an abundance of processed foods with artificial ingredients and hydrogenated fats, and have an over-reliance on grains. As a result, we are at risk for a deficiency or imbalance of EFAs, which can result in mood and memory alterations, neurological issues, high blood pressure, coagulation issues, altered cholesterol panels, slow wound healing, impaired growth, dermatological complaints, and poor vision.

EFA deficits generally occur in combination, therefore, supplementation with a balanced combination of EFAs is clinically prudent. Masterfully formulated with noted researcher and author, Dr. Alex Vasquez, DC, ND, DO, and tested for purity using the highest standards in the industry, **Optimal EFAs®** provides ALA, EPA, DHA, GLA, and oleic acid in ideal ratios.

"Consistent with the theme of current research, **Optimal EFAs®** supplies a balance of essential fatty acids in amounts and ratios that provide significant health-promoting benefits to the widest range of patient groups." – Alex Vasquez, DC, ND, DO

Healthy Balance and Easy Dosing

Optimal EFAs® provides a gluten free, complete, and healthy balance of ALA, EPA, DHA, GLA, and Oleic essential fatty acids. Available as easy-to-take capsules (convenient especially for use at work and during travel) dosing can be easily tailored to a patient's size, weight and health status.

Optimal EFAs® Caps is available in a 120-count bottle (#1407).

Supplement Facts

Serving Size: 2 Softgel Capsules
Servings Per Container: 60

	Amount Per Serving	% Daily Value
Calories	20	
Calories from Fat	20	
Total Fat	2 g	3%†
Saturated Fat	0 g	0%†
Cholesterol	5 mg	2%
Proprietary Blend	2 g	
Flax Seed oil		*
Borage oil		*
Fish oil		*

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

Other ingredients: Capsule shell (gelatin, glycerin, water and carob), mixed tocopherols, ascorbyl palmitate and rosemary extract .

Contains ingredients derived from anchovy.

Each serving of **Optimal EFAs® Caps** provides:

ALA (Alpha-Linolenic acid)	380 mg
EPA (Eicosapentaenoic acid)	205 mg
DHA (Docosahexaenoic acid)	154 mg
GLA (Gamma-Linolenic acid)	152 mg
Oleic acid	200 mg

This product is gluten and dairy free.

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

CAUTION: Not recommended for pregnant women.

KEEP OUT OF REACH OF CHILDREN
Store in a cool, dry area. Sealed with an imprinted safety seal for your protection.

Product # 1407 Rev. 07/18

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