

# COMPLETE ESSENTIAL FATTY ACIDS

*Molecularly Distilled  
Hexane Free  
Dietary Supplement*

## Supplement Facts

Serving Size: 1 Softgel Capsule, 1200 mg

Amount Per Serving	% Daily Value	
Calories 11		
Calories From Fat 11		
Total Fat 1.2 g		2%*
Vitamin E (as d-alpha tocopherol)	10 iu	33%
Borage seed oil ( <i>Borago officinalis</i> )	400 mg	**
Flax seed oil*** ( <i>Linum usitatissimum</i> )	400 mg	**
Deep sea fish oil	400 mg	**
Alpha Linolenic Acid (ALA)	226 mg	**
Cis-Linoleic Acid (LA)	210 mg	**
Docosahexaenoic Acid (DHA)	46 mg	**
Eicosapentaenoic Acid (EPA)	69 mg	**
Gamma-Linolenic Acid (GLA)	82 mg	**
Oleic Acid	152 mg	**

\*\* Daily Value Not Established

\* Percent Daily Values are based on a 2,000 calorie diet.

**Other Ingredients:** Gelatin, glycerin and water.

Our fish oil is **molecularly distilled** to remove PCB's, dioxins and heavy metals such as lead and mercury. The process also reduces oxidation of the oil and helps keep it fresh and stable.

\*\*\* From Organic Flax Seed Oil. Flax oil is a source of alpha linolenic acid (omega-3), cis-linoleic acid (omega-6) and oleic acid (omega-9). Borage oil is a source of gamma-linolenic acid (omega-6) and cis-linoleic acid (omega-6). Fish oil provides docosahexaenoic acid (omega-3) and eicosapentaenoic acid (omega-3).

Our borage and organic flax seed oils are 100% cold expeller pressed and Hexane Free.

REFRIGERATE AFTER OPENING

**Contains No Added** sugar, salt, dairy, yeast, wheat, corn, soy, preservatives, artificial colors or flavors.

**Suggested Use:** As a dietary supplement, adults take one (1) softgel capsule, three (3) times daily with meals, or as directed by a health care professional. Keep out of reach of children.

**QUALITY AND POTENCY GUARANTEED.**

Vitamins & Nutritional Supplements  
Nature's Wealth Vitamins