

Recommended Adult Dose: Take four capsules two times daily with meals or as recommended by your healthcare practitioner. **Risk Information:** If you are pregnant or breastfeeding, consult your healthcare practitioner prior to use. **Guaranteed** to contain no added wheat, starch, yeast, gluten, corn, sodium, sugar, artificial coloring or flavoring, antimicrobial preservatives or dairy products. **Quality Assurance:** Safety-sealed for your protection and for product freshness. Do not use if outer seal is missing or broken. Store in a cool, dry place.

V2.0 **400**

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GENESTRA BRANDS

Biotone EFA

ESSENTIAL FATTY ACID SUPPLEMENT

100 Softgel Capsules

Supplement Facts

Serving Size 4 Capsules
Servings per Container 25

| Each Serving Contains | | % DV |
|---|----------|------|
| Calories | 15 | |
| Calories from Fat | 10 | |
| Total Fat | 1 g | 2%♦ |
| Protein | <1 g | 1%♦ |
| Vitamin E (<i>d</i> -alpha-tocopherol / mixed tocopherol concentrate) | 5 IU | 17% |
| Safflower (<i>Carthamus tinctorius</i>) Seed Oil ▲ | 1020 mg | * |
| Flaxseed (<i>Linum usitatissimum</i>) Oil ▲ | 144 mg | * |
| Yielding | | |
| Alpha-Linolenic Acid | 72 mg | * |
| ▲ Total Linoleic Acid | 696 mg | * |
| Free Plant Sterols (from <i>Glycine max</i> bean) (95% combined: beta-sitosterol, campesterol, stigmasterol) | 448 mg | * |
| Soy Lecithin (from <i>Glycine max</i> bean) | 80 mg | * |
| Policosanol (from <i>Apis mellifera</i> wax) | 10 mg | * |
| Mixed Tocopherol Concentrate | 16 mg | * |
| Yielding | | |
| Gamma-Tocopherol | 6.8 mg | * |
| Delta-Tocopherol | 1960 mcg | * |

♦ Percent Daily Values (DV) are based on a 2,000 calorie diet.

* Daily Value not established

Other ingredients: Bovine gelatin, glycerin, purified water, silica
Contains: Soy