



Essential Fatty Acids

PROFESSIONAL PRODUCT GUIDE



Clean formulas for the ultimate in practitioner care



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GENESTRA BRANDS Fish Oil Difference

Dedicated to making a difference – from sourcing to processing, we wish to assist physicians and healthcare practitioners in restoring, rebuilding, and maintaining patient health.

Natural triglyceride form

NEO-3™ and CRYO-3 processed fish oils contain no ethyl esters (EPA and DHA bound to alcohol molecules) nor additional chemical processing.

Great taste

Higher compliance with less oily texture, exceptional freshness, and brimming with natural fruit flavors to ensure no fishy smell or aftertaste.

Freshness

Natural mixed tocopherols (antioxidants) are added to fish oils to prevent oxidation and maintain stability throughout shelf life.

Independent batch testing

Surpasses international quality standards for: heavy metals (mercury, lead, arsenic, cadmium); pesticides; various chlorinated phenolic products (PCBs); dioxins and furans; PCDDs; and PDCFs.

Unique DHA/EPA enrichment process

Enriches omega-3 yield, preserves triglyceride form, extracts toxic contaminants to virtually undetectable levels, delivers “cleaner” taste.

Respect for the environment

No fish are harvested for the sole purpose of producing fish oil – all fish oil sources are by-products of the edible fish industry.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

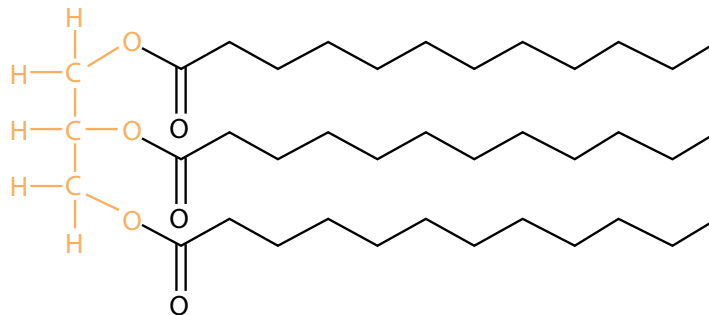
Triglycerides vs. ethyl esters

Better performance isn't engineered – it's natural

The human body is accustomed to processing the naturally occurring triglyceride form of EPA and DHA found in fish oil. Manufacturing techniques have been developed to increase EPA and DHA concentrations and maximize fish oil yields. **GENESTRA BRANDS NEO-3™ and CRYO-3 enrichment processes gently enrich DHA/EPA levels while preserving the delicate triglyceride form.** Other synthetic enrichment techniques manipulate the triglycerides, creating ethyl esters (EPA and DHA bound to alcohol molecules) or augmented versions through chemical processing. While researchers continue to debate the effectiveness and potential side effects of ethyl esters, physicians and healthcare practitioners continue to recognize the importance of providing patients with triglycerides in the form in which they naturally occur.



A Simple Triglyceride



Unique DHA/EPA enrichment processes

The power of mother nature to enrich, preserve and filter

GENESTRA BRANDS uses two different, unique enrichment techniques to concentrate fish oils: NEO-3™, which uses an enzymatic process to concentrate oils; and CRYO-3, which uses a low-temperature fractionation process. **NEO-3™ and CRYO-3 processes gently enrich DHA/EPA levels while preserving the delicate triglyceride form.** The fish oil source and the required characteristics of the resultant concentrate dictate whether NEO-3™ or CRYO-3 is used in the concentration process.

Extracts toxic contaminants to virtually undetectable levels

NEO-3™ and CRYO-3 DHA/EPA enrichment also extracts toxic contaminants to virtually undetectable levels, including: heavy metals (mercury, lead); pesticides; various chlorinated phenolic products (PCBs); dioxins and furans; PCDDs; and PDCFs.

Delivers cleaner taste

These EPA and DHA enrichment processes deliver a fish oil with a "cleaner" taste: less oily for better mouth-feel and no fishy odor or after taste.

Standard Fish Oil Concentration Process

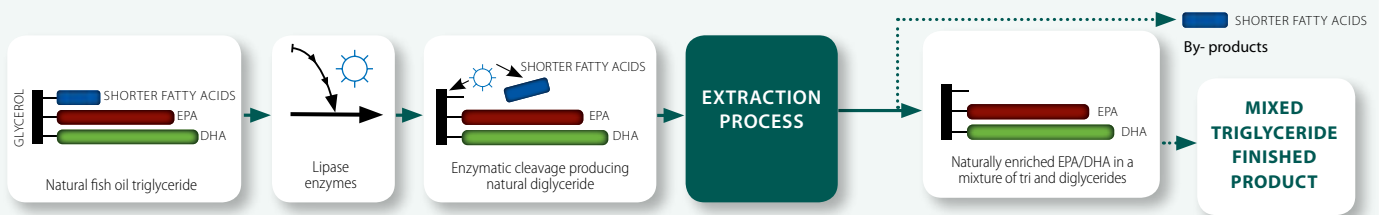
Many premium fish oil products are processed to produce higher levels of EPA and DHA. However, almost all of these processes involve both chemicals and alcohol in the enrichment process. As a result, fish oil is converted into a mixture of ethyl esters, in which the individual fatty acids, including EPA and DHA, are bound to alcohol molecules. The ethyl esters that contain the shorter chain fatty acids are lighter than those containing long chain fatty acids (such as EPA and DHA) and hence can be “boiled away” in the process known as molecular distillation. This leaves a higher concentration of the longer chain fatty acid (EPA and DHA) esters. This mixture either becomes the finished product (many softgel capsules contain ethyl esters), or further processing takes place to re-convert the ethyl esters back into triglycerides, which have a different configuration of fatty acids than that found in the original fish oil.

As such, virtually all concentrated fish oil products on the market are either ethyl esters or reconstituted triglycerides – both of which are unnatural. This is particularly true of ethyl esters, which are completely *de novo* molecules that are not naturally found in any whole food product.

NEO-3™: Enzymatic cleavage

Power of digestive enzymes

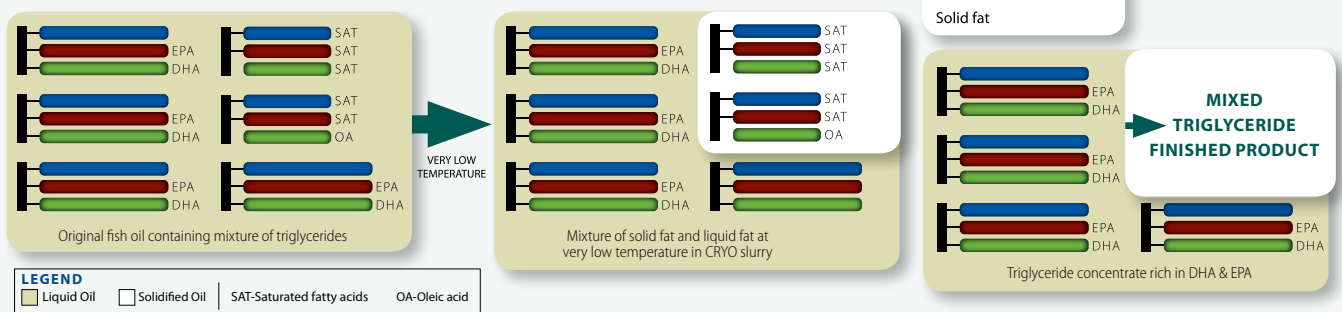
Mimicking the first stages of normal digestion, NEO-3™ is an enzymatic process that gently concentrates levels of EPA and DHA. The process utilizes lipase enzymes (free of alcohol or chemicals), which selectively remove shorter chain fatty acids from the fish oil triglyceride, leaving the EPA and DHA virtually untouched.



CRYO-3: Fractional super-cooling

Strength of nature’s cold grip

As saturated fatty acids have a higher freezing point than unsaturated fatty acids such as EPA and DHA, triglycerides that contain a high proportion of saturated fatty acids begin to solidify when subjected to the cold. In the CRYO-3 process, the fish oil is gradually taken to very low temperatures, enabling accurate fractional crystallization or “precipitation” of those triglycerides that carry high levels of saturated fatty acids. Once fractions have been separated, the resulting product boasts a higher ratio of EPA and DHA.



Every batch independently tested Transparency = proven purity and potency

Increased water pollution in oceans, seas and rivers has led to an accumulation of toxins in fish; and as such, any extracted oils may carry these contaminants. Every batch of fish oil is independently tested by third-party government-approved and/or accredited independent laboratories. This validates the quality, stability, potency and purity of the products, from manufacturing and preparation to bottling and storage, to ensure contents meet label claims. These testing laboratories employ precise equipment and analytical methods to ensure the safety and efficacy of our products.

The highest quality standards are used, with the most sensitive testing protocols and detection parameters in parts per million, billion and trillion, thus **meeting or exceeding international standards including Council for Responsible Nutrition (CRN), European Pharmacopeia (EP), US Pharmacopeia (USP), and Health Canada and FDA regulations.**

Every batch of fish oils is tested for:

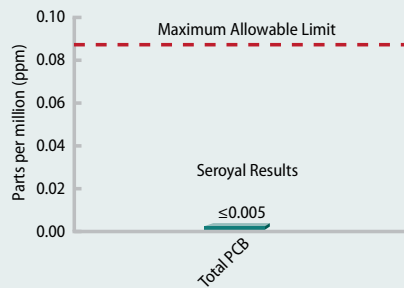
- Environmental contaminants (dioxins, furans, dioxin-like PCBs, PCBs and heavy metals)
- Oxidation and rancidity
- Microbial contaminants



Typical GENESTRA BRANDS™ Sardine & Anchovy Oil Analysis

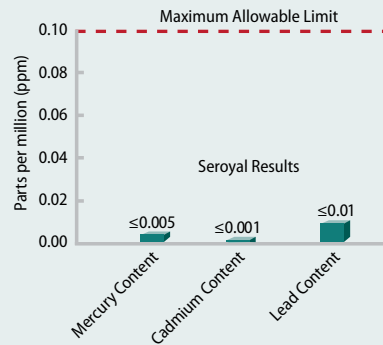
Independent 3rd Party Test Results Representative Sample: Super EFA Liquid

Total Polychlorinated Biphenyls (PCBs) Test



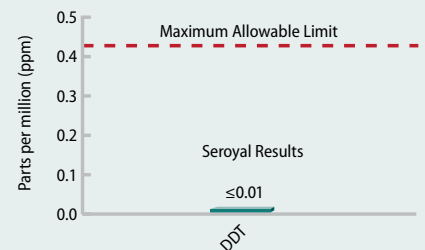
Note: PCB 28, PCB 52, PCB101, PCB 138, PCB 163, PCB 153 and PCB 180 are not detected.

Heavy Metal Test



Note: Arsenic content is below detectable limits.

Pesticides Test (DDT)



Note: Multiple other pesticides are tested.



Great taste

Flavorful sensations make the difference

The NEO-3™ and CRYO-3 enrichment process delivers a fish oil with a “cleaner” taste, less oily for better mouth-feel and no fishy odor or aftertaste. To augment palatability of our fish oils, 100% natural fruit flavors such as subtle natural citrus and wild berry are added to ensure excellent patient compliance. Children and adults of all ages taste the quality difference.

Freshness

Maximum oxidation resistance and extended shelf life

EPA and DHA are long chain fatty acids, highly unsaturated and prone to rapid oxidation or rancidity if fish oil is exposed to air over extended periods of time. The antioxidant system is a formulation of natural mixed tocopherols (antioxidants) added to fish oils to protect against oxidation, enhance product freshness and stability, maintain a great clean taste throughout the entire shelf life of the product, and extend overall shelf life to three years.



Respect for the environment

Proper safeguards are taken to protect the environment. No fish are harvested for the sole purpose of producing fish oil – all fish oil sources are by-products of the edible fish industry, maximizing the full use of harvested fish. These harvested fish come from fishery partners used by the edible fish industry.



Fish Oil & Phospholipid Product Overview

Why supplement with fish oils?

Fish oil is sourced from salmon, mackerel, sardines, herring, cod, tuna and anchovies. Krill oil is sourced from the 85 species which represent the planet's most abundant animal biomass. Fish oils are a good source of the omega 3 fatty acids EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) and are essential for health. Since the body may not produce or is unable to make sufficient quantities, it must be obtained through diet or additional supplementation. The potential for marine oil effectiveness is reflected by the amounts and ratios of EPA and DHA.



Omega-3s

EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid)

Helps support cognitive health and/or brain function.*

100-5000 mg EPA + DHA including at least 100 mg DHA, per day.

Helps support the development of the brain, eyes and nerves in children.*

150-2000 mg EPA + DHA including at least 150 mg DHA, per day.

Helps maintain/support cardiovascular health.*

200-5000 mg EPA + DHA, containing a ratio of EPA:DHA between 0.5:1 and 2:1, per day.

Helps support healthy lipid metabolism.*

1000-5000 mg EPA + DHA, per day and containing a ratio of EPA:DHA between 0.5:1 and 2:1, per day.

Helps promote healthy mood balance.*

1500-5000 mg EPA + DHA including at least 1000 mg EPA, per day and a ratio of EPA:DHA of 1.75:1 to 2:1, per day.



Fish Oil and Phospholipid Comparison Chart

| PRODUCT | DHA/EPA PER CAPSULE | PROCESS | FEATURES | PRODUCT | DHA/EPA PER TEASPOON | PROCESS | FEATURES |
|--|----------------------------------|---------------|--|--|----------------------------------|----------------------|--|
| CAPSULES | | | | LIQUIDS | | | |
| Cod Liver Oil DHA/EPA Forte Capsules 60 softgel capsules | 126 mg of DHA 102 mg of EPA | CRYO-3 | Fortified with vitamins A & D | Berry DHA 7.6 fl oz (225 ml) | 300 mg of DHA 148 mg of EPA | NEO-3™ WisDOM-3™† | Berry flavor Includes anthocyanins Great for children |
| DHA Pediaburst 180 chewable softgels | 65 mg of DHA 15 mg of EPA | NEO-3™ | Great for children Easy-to-chew softgels Natural orange flavor | Berry EFA Plus 10 fl oz (300 ml) | 250 mg of EPA 187.5 mg of DHA | NEO-3™ WisDOM-3™ | Berry flavor Includes anthocyanins |
| Krill Oil 60 capsules | 65 mg of EPA 35 mg of DHA | | Complementary source of marine omega-3 209 mg of phospholipids | Cod Liver Oil Forte 10.1 fl oz (300 ml) 16.9 fl oz (500 ml) | 466 mg of DHA 377 mg of EPA | | Natural lemon and orange flavor Fortified with vitamins A & D |
| Multi EFA Capsules 90 softgel capsules | 120 mg of EPA 80 mg of DHA | | Fish, flax seed and borage oil combination | EFA Liquid 8.5 fl oz (250 ml) | 80 mg of EPA 50 mg of DHA | Triglycerides | Natural orange flavor Blend of omega-3 and -6 |
| Omega 800 60 softgel capsules | 525 mg of EPA 275 mg of DHA | Triglycerides | High triglyceride formula | Fruit EFA 10 fl oz (300 ml) | 280 mg of EPA 205 mg of DHA | NEO-3™ WisDOM-3™ | Wild fruit flavor |
| Phos Choline 90 softgel capsules | | | 720 mg of phosphatides | Omega EFA Liquid 5.1 fl oz (150 ml) | 1915 mg of EPA 1005 mg of DHA | Triglycerides | High triglyceride formula |
| Phosphatidylserine 30 vegetable capsules | | | 50 mg of phosphatidylserine Suitable for vegetarians and vegans | Super DHA Liquid 5 fl oz (150 ml) | 1200 mg of DHA 260 mg of EPA | NEO-3™ | Highly concentrated DHA |
| SEP EFA 90 softgel capsules | 180 mg of EPA 120 mg of DHA | Triglycerides | Daily maintenance | Super EFA Liquid Natural Orange Flavor 6.8 fl oz (200 ml) 16.9 fl oz (500 ml) | 950 mg of EPA 725 mg of DHA | NEO-3™ | High dose EPA Great natural orange flavor |
| Super EFA Capsules 120 softgel capsules | 262 mg of EPA 187.5 mg of DHA | NEO-3™ | High dose EPA | Super EFA Liquid Natural Strawberry Flavor 6.8 fl oz (200 ml) | 950 mg of EPA 725 mg of DHA | NEO-3™ | High dose EPA Great natural strawberry flavor |
| | | | | Super EFA Liquid Plus 7.6 fl oz (225 ml) | 930 mg of EPA 685 mg of DHA | NEO-3™ | High dose EPA Includes plant sterols |
| | | | | Super EFA Liquid Plus CoQ₁₀ 6.8 fl oz (200 ml) | 930 mg of EPA 710 mg of DHA | NEO-3™ | High dose EPA Includes 50 mg of coenzyme Q ₁₀ |
| | | | | Super EFA Liquid Plus D 6.8 fl oz (200 ml) | 950 mg of EPA 725 mg of DHA | NEO-3™ | High dose EPA Includes 1000 IU of vitamin D |



† WisDOM-3™ explanation on page 18

Available in 2 delicious flavors

Super EFA Liquid

Natural Orange Flavor or Strawberry Flavor

ESSENTIAL FATTY ACID SUPPLEMENT

950 mg of EPA and 725 mg of DHA per teaspoon

- Helps maintain cardiovascular health*
- Supports healthy lipid metabolism*
- Supports brain health and cognitive function*
- Supports the development of the brain, eyes and nerves in children*
- Utilizes the proprietary NEO-3™ process to concentrate EPA/DHA triglyceride forms
- Comes in a delicious natural orange or strawberry flavor

Super EFA Liquid provides 950 mg of EPA and 725 mg of DHA per serving. It has an EPA:DHA ratio of 1.3:1, and helps to support healthy lipid metabolism and cardiovascular health. In a placebo-controlled clinical trial of 312 healthy adults, daily supplementation with 1,800 mg of EPA and DHA (in a 1.5:1 ratio) for one year supported healthy serum triglyceride levels. Super EFA liquid provides 1,675 mg of combined EPA and DHA per teaspoon. Essential fatty acids have many other health benefits, including supporting brain health and cognitive function.*

| SUPPLEMENT FACTS | | | | |
|--|---------|---|--|--|
| Serving Size 1-8 years: ½ Teaspoon (2.5 ml); 9+ years: 1 Teaspoon (5 ml) | | | | |
| Servings per Container 1-8 years: 80 or 200 (Natural Orange Flavor only); 9+ years: 40 or 100 (Natural Orange Flavor only) | | | | |
| Each Teaspoon Contains | | % DV for Adults and Adolescents 9+ Years (1 Teaspoon) | % DV for Children 4-8 Years (½ Teaspoon) | % DV for Children 1-3 Years (½ Teaspoon) |
| Calories | 40 | | | |
| Calories from Fat | 40 | | | |
| Total Fat | 4.5 g | 7% ♦ | 4% ♦ | † |
| Saturated Fat | 1 g | 4% ♦ | 2% ♦ | † |
| Cholesterol | 45 mg | 15% ♦ | 8% ♦ | † |
| Fish Oil (Anchovy and Sardine) | 4560 mg | † | † | † |
| Yielding | | | | |
| EPA (Eicosapentaenoic Acid) | 950 mg | † | † | † |
| DHA (Docosahexaenoic Acid) | 725 mg | † | † | † |
| Total Omega-3 Fatty Acids | 1975 mg | † | † | † |

♦ Percent Daily Values (DV) are based on a 2,000 calorie diet
† Daily Value not established

Natural Orange Flavor – Other Ingredients: Orange oil, natural mixed tocopherols
Natural Strawberry Flavor – Other Ingredients: Natural strawberry and vanilla flavors, natural mixed tocopherols

Recommended Dose

Adults and Adolescents (9 years and older): Take one teaspoon daily with a meal or as recommended by your healthcare practitioner. **Children (1-8 years):** Take ½ teaspoon daily with a meal or as recommended by your healthcare practitioner.

| | |
|--|---------------------|
| Size | Product Code |
| Natural Orange Flavor – 6.8 fl oz (200 ml) | 10503 |
| Natural Orange Flavor – 16.9 fl oz (500 ml) | 10503500 |
| Natural Strawberry Flavor – 6.8 fl oz (200 ml) | 10482 |



Super EFA Capsules

ESSENTIAL FATTY ACID SUPPLEMENT

Supports cardiovascular health and cognitive function with an EPA:DHA ratio of 1.4:1*

- Supports healthy lipid metabolism*
- Promotes cardiovascular health in adults*
- Supports cognitive health *
- Utilizes the proprietary NEO-3™ processing technique to enrich EPA and DHA
- Provides 524 mg of EPA and 375 mg of DHA per serving

Super EFA Capsules contain a mixture of sardine and anchovy fish oils provided in an EPA:DHA ratio of 1.4:1, which helps to support healthy lipid metabolism. Research indicates that fish oil supplementation providing DHA may support brain health and cognitive function.*

| SUPPLEMENT FACTS | | |
|--------------------------------|-----------|------|
| Serving Size 2 Capsules | | |
| Servings per Container 60 | | |
| Each Serving Contains | | % DV |
| Calories | 20 | |
| Calories from Fat | 20 | |
| Total Fat | 2.5 g | 4% ♦ |
| Cholesterol | 25 mg | 8% |
| Fish Oil (Anchovy and Sardine) | 2332.8 mg | † |
| Yielding | | |
| EPA (Eicosapentaenoic Acid) | 524 mg | † |
| DHA (Docosahexaenoic Acid) | 375 mg | † |
| Total Omega-3 Fatty Acids | 1124 mg | † |

♦ Percent Daily Values (DV) are based on a 2,000 calorie diet
† Daily Value not established

Other Ingredients: Fish gelatin, glycerin, orange oil, natural mixed tocopherols

Recommended Dose

Adults and Adolescents (12 years and older): Take two capsules two times daily with meals or as recommended by your healthcare practitioner.

Size
120 Softgel Capsules

Product Code
10406120



Cod Liver Oil DHA/EPA Forte Capsules

ESSENTIAL FATTY ACID SUPPLEMENT

Cod liver oil formula with vitamins A and D

- Provides 126 mg of DHA and 102 mg of EPA per daily dose
- Includes 720 IU of vitamin A and 500 IU of vitamin D per daily dose
- Helps support cognitive health and brain function*
- Helps to maintain eyesight and night vision*
- Promotes skin health and immune function*
- Aids in the maintenance of healthy bones and teeth*

Cod Liver Oil DHA/EPA Forte Capsules contain an effective blend of DHA, EPA, and vitamins A and D that promotes optimal health. Vitamin A promotes good vision and immune system function, and helps to maintain the integrity of the intestinal epithelial barrier. Vitamin D helps the body to absorb and utilize calcium and phosphorus, which are required for normal bone mineralization. DHA and EPA support cognitive health and brain function, and have been associated with neuron activity in the hippocampus, a region of the brain associated with memory.*

SUPPLEMENT FACTS

Serving Size 1 Capsule
Servings per Container 60

| Each Capsule Contains | | % DV |
|---|---------|------|
| Calories | 15 | |
| Calories from Fat | 10 | |
| Total Fat | 1 g | 2%♦ |
| Monounsaturated Fat | 0.5 g | † |
| Cholesterol | <5 mg | 2% |
| Vitamin A (vitamin A palmitate/cod liver oil) | 720 IU | 14% |
| Vitamin D (cholecalciferol/cod liver oil) | 500 IU | 125% |
| Cod Liver Oil (Atlantic cod, <i>Gadus morhua</i> and other species of Gadidae) | 1200 mg | † |
| Yielding | | |
| DHA (Docosahexaenoic Acid) | 126 mg | † |
| EPA (Eicosapentaenoic Acid) | 102 mg | † |
| Total Omega-3 Fatty Acids | 300 mg | † |

♦ Percent Daily Values (DV) are based on a 2000 calorie diet
† Daily Value not established

Other Ingredients: Natural lemon and sweet orange oils, natural mixed tocopherols, fish gelatin, glycerin, purified water

Recommended Dose

Adults and Adolescents (12 years and older): Take one capsule daily with a meal or as recommended by your healthcare practitioner.

Size

60 Softgel Capsules

Product Code

10433



Cod Liver Oil Forte

VITAMIN + ESSENTIAL FATTY ACID SUPPLEMENT

Cod liver oil formula with vitamins A and D

- Supports cognitive function and brain and nerve development in children up to 12 years of age*
- Supports healthy bones, teeth, eyes and skin*
- Provides 466 mg of DHA and 377 mg of EPA per teaspoon
- Provides 2,667 IU of vitamin A and 300 IU of vitamin D per teaspoon
- Comes in a delicious natural citrus flavor

Cod liver oil is a source of omega-3 fatty acids, which promote ocular development, visual acuity, and pre- and postnatal brain development. Cod liver oil contains high levels of vitamins A and D, which support healthy bones, teeth, and skin. Vitamin A promotes eye health and supports proper bone growth and development. Recent research indicates that 600 IU of vitamin D per day may promote optimal bone health in both adolescents and adults.*

SUPPLEMENT FACTS

Serving Size 0-3 years: ½ Teaspoon (2.5 ml); 4+ years: 1 Teaspoon (5 ml)
Servings per Container 0-3 years: 120 or 200; 4+ years: 60 or 100

| Each Teaspoon Contains | | % DV for Adults and Adolescents 4+ Years (1 Teaspoon) | % DV for Children 1-3 Years (½ Teaspoon) | % DV for Children 0-12 Months (½ Teaspoon) |
|---|---------|--|---|---|
| | | | | |
| Calories | 40 | | | |
| Calories from Fat | 40 | | | |
| Total Fat | 4.5 g | 7% ♦ | † | † |
| Saturated Fat | 1 g | 5% ♦ | † | † |
| Cholesterol | 25 mg | 8% | † | † |
| Vitamin A (vitamin A palmitate/ cod liver oil) | 2667 IU | 53% | 53% | 89% |
| Vitamin D (cholecalciferol/ cod liver oil) | 300 IU | 75% | 38% | 38% |
| Cod Liver Oil | 4440 mg | † | † | † |
| Yielding | | | | |
| DHA (Docosahexaenoic acid) | 466 mg | † | † | † |
| EPA (Eicosapentaenoic acid) | 377 mg | † | † | † |
| Total Omega-3 Fatty Acids | 1110 mg | † | † | † |

♦ Percent Daily Values (DV) are based on a 2000 calorie diet
† Daily Value not established

Other Ingredients: Natural lemon and sweet orange oils, natural mixed tocopherols

Recommended Dose

Adults and Children (4 years and older): Take one teaspoon daily with a meal or as recommended by your healthcare practitioner. **Infants and Children (0 - 3 years):** Take ½ teaspoon daily with a meal or as recommended by your healthcare practitioner.

Size

10.1 fl oz (300 ml)
16.9 fl oz (500 ml)

Product Code

10428
10428500

NON-GMO DAIRY FREE GLUTEN FREE



DHA Pediaburst

CHEWABLE DHA SUPPLEMENT



Delicious chewable softgels with a 4.3:1 ratio of DHA to EPA

- Supports the development of the brain, eyes, and nerves in children*
- Promotes optimal cognitive health and brain function*
- Provides 260 mg of DHA and 60 mg of EPA per day
- Delivers a clean, naturally sweetened orange flavor with no fishy aftertaste or odor

DHA Pediaburst is a chewable softgel supplement that is suitable for children ages four and older. It provides a great alternative for children that have difficulty swallowing capsules. Studies indicate that daily dosages of 150 mg or more of DHA may help promote healthy development of the brain, eyes, and nerve tissue in children up to 12 years of age. Research suggests that supplementation of 100 mg/ day of DHA helps to support cognitive health and brain function.*

| SUPPLEMENT FACTS | |
|---|----------|
| Serving Size 2 Chewable Softgels | |
| Servings per Container 90 | |
| Each Serving Contains | % DV |
| Calories | 5 |
| Cholesterol | 10 mg 3% |
| Vitamin E (<i>d</i> -alpha tocopherol) | 5 IU 17% |
| Fish Oil (Tuna) | 500 mg † |
| Yielding | |
| DHA (Docosahexaenoic Acid) | 130 mg † |
| EPA (Eicosapentaenoic Acid) | 30 mg † |
| Stevia (<i>Stevia rebaudiana</i>) Leaf Std. Extract (90% Steviosides) | 0.8 mg † |
| † Daily Value (DV) not established | |

Other Ingredients: Bovine gelatin, glycerin, natural orange flavor, purified water, potato starch (non-GMO), sunflower lecithin, annatto extract

Recommended Dose

Adults and Children (4 years and older): Chew two softgels two times daily with meals or as recommended by your healthcare practitioner.

Size

180 Chewable Softgels

Product Code

10553



EFA Liquid

Natural Orange Flavor

ESSENTIAL FATTY ACID SUPPLEMENT

Combination of fish, flax and evening primrose seed oils

- Provides 11,298 mg ALA, 480 mg of EPA and 300 mg of DHA per daily dose
- Provides 3,600 mg of LA and 84 mg GLA per daily dose
- Supports cognitive function*
- Promotes cardiovascular health*
- Supports skin health and hydration*
- Has a delicious natural orange flavor

EFA Liquid is a unique blend of fish, flax and evening primrose seed oils that helps to promote optimal health and well-being. Fish oils provide omega-3 fatty acids that help to support brain function and cardiovascular health. DHA is the most abundant omega-3 fatty acid in the brain, and both DHA and EPA are found in nerve cells. Flax and evening primrose oils provide the omega-6 fatty acids LA and GLA that support skin health and hydration.*

| SUPPLEMENT FACTS | |
|--|-----------|
| Serving Size 2 Teaspoons (10 ml) | |
| Servings per Container 25 | |
| Each Serving Contains | % DV |
| Calories | 80 |
| Calories from Fat | 75 |
| Total Fat | 9 g 14%◆ |
| Saturated Fat | 1 g 5%◆ |
| Cholesterol | 10 mg 3% |
| Flax (<i>Linum usitatissimum</i>) Seed Oil▲ | 7530 mg † |
| Yielding | |
| ALA (Alpha-Linolenic Acid) | 3766 mg † |
| LA (Linoleic Acid) | 1200 mg † |
| Fish Oil (Sardine, Anchovy and Mackerel)▲ | 1000 mg † |
| Yielding | |
| EPA (Eicosapentaenoic Acid) | 160 mg † |
| DHA (Docosahexaenoic Acid) | 100 mg † |
| Evening Primrose (<i>Oenothera biennis</i>) Seed Oil | 280 mg † |
| Yielding | |
| GLA (Gamma-Linolenic Acid) | 28 mg † |
| ▲ Yielding 4050 mg Total Omega-3 Fatty Acids | |
| ◆ Percent Daily Values (DV) are based on a 2000 calorie diet | |
| † Daily Value not established | |

Other Ingredients: Organic orange oil, natural mixed tocopherols

Recommended Dose

Adults: Take two teaspoons three times daily with meals or as recommended by your healthcare practitioner.

Size

8.5 fl oz (250 ml)

Product Code

10402



Multi EFA Capsules

ESSENTIAL FATTY ACID SUPPLEMENT

Fish, flax and borage seed oil combination

- Supports the brain, eyes, and nerves in adolescents and adults*
- Supports cardiovascular health and cognitive function*
- Supports skin health and hydration*
- Provides 3,445 total mg of EFA per daily dose, including:
 - omega-3: 1,648 mg of EPA, DHA and ALA
 - omega-6: 1,137 mg of LA and GLA

Multi EFA Capsules contain a unique blend of fish, flax and borage seed oils. Fish oils provide omega-3 fatty acids that support brain, eye and cardiovascular health. DHA is the most abundant omega-3 fatty acid in the brain, and it provides support for cognitive and ocular health. Supplementation with fish oils may support neural functioning in the hippocampus, a region of the brain associated with memory. Flax and borage seed oils provide essential fatty acids (EFA), including ALA, LA, and GLA, that further maintain optimal health. EFA, especially LA and GLA, promote skin health by supporting epithelial cell function, maintaining the integrity of the epidermal barrier, and helping maintain water and electrolytes in the skin. LA accounts for approximately 12% of the total fatty acid content of the skin.*

SUPPLEMENT FACTS

Serving Size 2 Capsules
Servings per Container 45

| Each Serving Contains | | % DV |
|--|----------|------|
| Calories | 25 | |
| Calories from Fat | 20 | |
| Total Fat | 2.5 g | 4% ♦ |
| Cholesterol | 5 mg | 2% |
| Protein | < 1 g | 1% ♦ |
| ▲ Fish Oil (Anchovy and Sardine) | 800 mg | † |
| ▲ Flax (Linum usitatissimum) Seed Oil | 800 mg | † |
| ▲ Borage (Borago officinalis) Seed Oil | 800 mg | † |
| ▲ Yielding | | |
| EPA (Eicosapentaenoic Acid) | 240 mg | † |
| DHA (Docosahexaenoic Acid) | 160 mg | † |
| ALA (Alpha-Linolenic Acid) | 424 mg | † |
| GLA (Gamma-Linolenic Acid) | 152 mg | † |
| LA (Linoleic Acid) | 416.6 mg | † |
| OA (Oleic Acid) | 330 mg | † |

♦ Percent Daily Values (DV) are based on a 2000 calorie diet
† Daily Value not established

Other Ingredients: Gelatin, glycerin, purified water, natural mixed tocopherols

Recommended Dose

Adults and Adolescents (12 years and older): Take two capsules two times daily with meals or as recommended by your healthcare practitioner.

Size

90 Vegetable Capsules

Product Code

10430



Omega 800

ESSENTIAL FATTY ACID SUPPLEMENT

800 mg of EFA per capsule

- Provides 525 mg of EPA and 275 mg of DHA per capsule
- Supports cognitive health and brain function*
- Promotes cardiovascular health*
- Supports healthy serum triglyceride levels already in the normal range*
- Promotes a healthy mood balance*

Omega 800 contains a unique mixture of anchovy and sardine oils with an EPA:DHA ratio of 1.9:1. This ratio is sometimes recommended for maintaining cardiovascular health and promoting a healthy mood balance. In a placebo-controlled clinical trial conducted on 68 healthy medical students, fish oil supplementation for 12 weeks promoted a healthy mood and supported cardiovascular health.*

| SUPPLEMENT FACTS | | |
|--|---------|------|
| Serving Size 1 Capsule | | |
| Servings per Container 60 | | |
| Each Capsule Contains | % DV | |
| Calories | 13 | |
| Calories from Fat | 11 | |
| Total Fat | 1.5 g | 2% ♦ |
| Cholesterol | 10 mg | 3% ♦ |
| Fish Oil (Anchovy and Sardine) | 1250 mg | † |
| Yielding | | |
| EPA (Eicosapentaenoic Acid) | 525 mg | † |
| DHA (Docosahexaenoic Acid) | 275 mg | † |
| ♦ Percent Daily Values (DV) are based on a 2000 calorie diet | | |
| † Daily Value not established | | |

Other Ingredients: Fish gelatin (tilapia), glycerin, purified water, natural orange flavor, natural mixed tocopherols

Recommended Dose

Adults and Children (12 years and older): Take one capsule two times daily with meals, or as recommended by your healthcare practitioner.

Size

60 Softgel Capsules

Product Code

10464



Omega EFA Liquid

ESSENTIAL FATTY ACID SUPPLEMENT

Promotes mood health and supports healthy joints*

- May help to promote healthy mood balance in adults*
- May help support joint health in adults*
- Helps to maintain healthy serum triglyceride levels already in the normal range*
- Promotes cardiovascular health in adults*
- Provides 1,915 mg of EPA and 1005 mg of DHA per teaspoon
- Comes in a delicious natural orange flavor

Omega EFA Liquid is our most concentrated liquid EFA product, providing 1,915 mg of EPA and 1,005 mg of DHA per serving. Recent research suggests that this dosage and EPA:DHA ratio may help to promote a healthy mood in adults. Essential fatty acids may also provide other health benefits, such as promoting joint health and maintaining cardiovascular health.*

| SUPPLEMENT FACTS | | | | |
|--|--|---|--|---|
| Serving Size 1-18 years: ½ Teaspoon (2.5 ml); 19+ years: 1 Teaspoon (5 ml) | | | | |
| Servings per Container 1-18 years: 60; 19+ years: 30 | | | | |
| Each Teaspoon Contains | % DV for Adults 19+ Years (1 Teaspoon) | % DV for Children and Adolescents 4-18 Years (½ Teaspoon) | % DV for Children 1-3 Years (½ Teaspoon) | |
| Calories | 40 | | | |
| Calories from Fat | 40 | | | |
| Total Fat | 4.5 g | 7% ♦ | 4% ♦ | † |
| Saturated Fat | 0.5 g | 1% ♦ | 1% ♦ | † |
| Cholesterol | <5 mg | 2% ♦ | 1% ♦ | † |
| Fish Oil (Anchovy) | 4569 mg | † | † | † |
| Yielding | | | | |
| EPA (Eicosapentaenoic Acid) | 1915 mg | † | † | † |
| DHA (Docosahexaenoic Acid) | 1005 mg | † | † | † |
| Total Omega-3 Fatty Acids | 3425 mg | † | † | † |
| ♦ Percent Daily Values (DV) are based on a 2000 calorie diet | | | | |
| † Daily Value not established | | | | |

Other Ingredients: Orange oil, natural mixed tocopherols

Recommended Dose

Adults (19 years and older): Take one teaspoon daily with a meal or as recommended by your healthcare practitioner. **Children and Adolescents (1-18 years):** Take ½ teaspoon daily with a meal or as recommended by your healthcare practitioner.

Size

5.1 fl oz (150 ml)

Product Code

10469



SEP EFA

ESSENTIAL FATTY ACID SUPPLEMENT

EPA and DHA to support cardiovascular and brain health*

- Supports healthy lipid metabolism*
- Promotes cardiovascular health*
- Supports brain health and cognitive function*
- Provides 1,080 mg of EPA and 720 mg DHA per daily dose

SEP EFA is a blend of the omega-3 fatty acids EPA and DHA which help to support optimal cardiovascular health. Research indicates that EPA and DHA help maintain already healthy triglyceride levels by altering fatty acid metabolism. This in turn supports healthy levels of low density lipoprotein (VLDL), which transports lipids throughout the body. In a randomized, double-blind, placebo-controlled trial, three weeks of daily supplementation with 1.4 g of combined EPA and DHA supported healthy lipid metabolism. DHA is also the most abundant omega-3 fatty acid in the brain. Supplementation with fish oils has been associated with the maintenance of healthy neuronal and cognitive functioning. In a recent trial, daily supplementation with 1.75 g of DHA and EPA for 12 months promoted cognitive health.*

SUPPLEMENT FACTS

Serving Size 2 Capsules
Servings per Container 45

| Each Serving Contains | | % DV |
|--|---------|------|
| Calories | 20 | |
| Calories from Fat | 20 | |
| Total Fat | 2 g | 3% ♦ |
| Saturated Fat | 0.5 g | 3% ♦ |
| Polyunsaturated Fat | 1 g | † |
| Monounsaturated Fat | 0.5 g | † |
| Cholesterol | 15 mg | 5% |
| Protein | <1 g | 1% ♦ |
| Fish Oil (Anchovy, Sardine and Salmon) | 2100 mg | † |
| Yielding | | |
| EPA (Eicosapentaenoic Acid) | 360 mg | † |
| DHA (Docosahexaenoic Acid) | 240 mg | † |

♦ Percent Daily Values (DV) are based on a 2000 calorie diet
† Daily Value not established

Other Ingredients: Gelatin, glycerin, purified water, alpha tocopherol

Recommended Dose

Adults and Children (12 years and older): Take two capsules three times daily with meals or as recommended by your healthcare practitioner.

Size

90 Softgel Capsules

Product Code

10403



Super DHA Liquid

ESSENTIAL FATTY ACID SUPPLEMENT

Supports healthy brain function with a 4.6:1 Ratio of DHA to EPA*

- Provides 1,200 mg of DHA and 260 mg EPA per teaspoon
- Supports brain health and cognitive function*
- Utilizes NEO-3™ EPA and DHA enrichment
- Has a delicious natural orange flavor

DHA is the primary omega-3 polyunsaturated fatty acid in the brain. DHA helps to support normal neural membrane function and promotes healthy cognition. In a randomized, placebo-controlled clinical trial conducted on 176 healthy young adults, six months of daily supplementation with 1160 mg of DHA supported cognitive function, including working memory and reaction time.*

| SUPPLEMENT FACTS | | |
|--|---------|-------|
| Serving Size 1 Teaspoon (5 ml) | | |
| Servings per Container 30 | | |
| Each Teaspoon Contains | % DV | |
| Calories | 45 | |
| Calories from Fat | 45 | |
| Total Fat | 5 g | 8% ◆ |
| Saturated Fat | 0.5 g | 3% ◆ |
| Cholesterol | 90 mg | 30% ◆ |
| Fish Oil (Tuna) | 4383 mg | † |
| Yielding | | |
| EPA (Eicosapentaenoic acid) | 260 mg | † |
| DHA (Docosahexaenoic acid) | 1200 mg | † |
| Total Omega-3 Fatty Acids | 1800 mg | † |
| ◆ Percent Daily Values (DV) are based on a 2000 calorie diet | | |
| † Daily Value not established | | |

Other Ingredients: Orange oil, natural mixed tocopherols

Recommended Dose

Adults and Children (1 year and older): Take one teaspoon daily with a meal or as recommended by your healthcare practitioner.

Size

5.1 fl oz (150 ml)

Product Code

10446



Super EFA Liquid Plus

ESSENTIAL FATTY ACID SUPPLEMENT WITH PLANT STEROLS

Combination of EPA, DHA, and plant sterols

- Helps maintain and support cardiovascular health*
- Supports healthy lipid metabolism*
- Provides 930 mg of EPA and 685 mg of DHA per daily dose
- Provides 325 mg of plant sterol esters per daily dose
- Has a delicious natural orange flavor

Recent research indicates that cardiovascular health may be better supported by diets high in monounsaturated fatty acids, plant sterols, and fish oils than by those high in fish oils alone. EPA, DHA, and plant sterols support healthy fatty acid metabolism. In randomized, placebo-controlled trials, daily supplementation with 1.3-1.4 g of EPA and DHA, in combination with 2-2.5 g of plant sterols, for three to four weeks supported healthy lipid metabolism. Super EFA Liquid Plus provides 1.6 g of EPA and DHA and 325 mg of plant sterols per serving to help support cardiovascular health.*

| SUPPLEMENT FACTS | | |
|---|-----------|-------|
| Serving Size 1 Teaspoon (5 ml) | | |
| Servings per Container 45 | | |
| Each Teaspoon Contains | % DV | |
| Calories | 40 | |
| Calories from Fat | 40 | |
| Total Fat | 4.5 g | 7% ◆ |
| Saturated Fat | 1 g | 5% ◆ |
| Cholesterol | 45 mg | 15% ◆ |
| Fish Oil (Sardine and Anchovy) | 4137.5 mg | † |
| Yielding | | |
| EPA (Eicosapentaenoic Acid) | 930 mg | † |
| DHA (Docosahexaenoic Acid) | 685 mg | † |
| Total Omega-3 Fatty Acids | 1860 mg | † |
| Plant Sterol Esters (from <i>Pinus sp.</i> / <i>Helianthus annuus</i>) | 325 mg | † |
| ◆ Percent Daily Values (DV) are based on a 2000 calorie diet | | |
| † Daily Value not established | | |

Other Ingredients: Orange oil, natural mixed tocopherols

Recommended Dose

Adults: Take one teaspoon daily with a meal, or as recommended by your healthcare practitioner. If preferred, Super EFA Liquid Plus can be mixed with juice or water. Shake well before each use.

Size

7.6 fl oz (225 ml)

Product Code

10447



Super EFA Liquid Plus CoQ₁₀

ESSENTIAL FATTY ACID SUPPLEMENT

Cardiovascular support*

- Provides 930 mg of EPA and 710 mg of DHA per daily dose
- Contains 50 mg of CoQ₁₀ per serving
- Helps to support healthy lipid metabolism*
- Promotes cardiovascular health*

Super EFA Liquid Plus CoQ₁₀ is a unique combination of CoQ₁₀ and essential omega-3 fatty acids that helps to maintain cardiovascular health. CoQ₁₀ supports cellular energy production, and is present in tissues with high metabolic activity, including the heart. CoQ₁₀ is also an important intracellular antioxidant. EPA and DHA further support healthy lipid metabolism. In a randomized, placebo-controlled trial involving 67 adults, supplementation with 1.56 g of EPA and DHA daily for 12 weeks promoted cardiovascular health.*

| SUPPLEMENT FACTS | | |
|---|---------|------|
| Serving Size 1 Teaspoon (5 ml) | | |
| Servings per Container 40 | | |
| Each Teaspoon Contains | | % DV |
| Calories | 40 | |
| Calories from Fat | 40 | |
| Total Fat | 4.5 g | 7% ♦ |
| Saturated Fat | 1 g | 4% ♦ |
| Cholesterol | 45 mg | 15% |
| Fish Oil (Anchovy and Sardine) | 4530 mg | † |
| Yielding | | |
| EPA (Eicosapentaenoic Acid) | 930 mg | † |
| DHA (Docosahexaenoic Acid) | 710 mg | † |
| Total Omega-3 Fatty Acids | 1960 mg | † |
| Coenzyme Q ₁₀ (yeast fermentation) | 50 mg | † |

♦ Percent Daily Values (DV) are based on a 2000 calorie diet
† Daily Value not established

Other Ingredients: Orange oil, natural mixed tocopherols

Recommended Dose

Adults: Take one teaspoon daily with a meal or as recommended by your healthcare practitioner.

Size

6.8 fl oz (200 ml)

Product Code

10572



Super EFA Liquid Plus D

ESSENTIAL FATTY ACID SUPPLEMENT

Vitamin D, EPA and DHA

- Provides 950 mg of EPA and 725 mg of DHA per teaspoon
- Supports cardiovascular health*
- Promotes brain health and cognitive function*
- Supports the development of the brain, eyes and nerves in children*
- Provides 1,000 IU of vitamin D₃ per teaspoon
- Aids in the development and maintenance of healthy bones and teeth*

Super EFA Liquid Plus D is a combination of vitamin D and essential omega-3 fatty acids that helps to maintain bone, cardiovascular, and cognitive health. Super EFA Liquid Plus D is an excellent source of vitamin D, which studies suggest promotes optimal bone health. DHA is an omega-3 fatty acid that promotes proper eye development and visual acuity in young children. DHA is also the most abundant omega-3 fatty acid in the brain, and supports pre- and postnatal brain development. Supplementation with fish oils has been associated with the maintenance of neural function, indicating their beneficial effect on cognitive health.*

| SUPPLEMENT FACTS | | | | |
|--|---------|---|--|--|
| Serving Size 1-8 years: ½ Teaspoon (2.5 ml); 9+ years: 1 Teaspoon (5 ml) | | | | |
| Servings per Container 1-8 years: 80; 9+ years: 40 | | | | |
| Each Teaspoon Contains | | % DV for Adults and Adolescents 9+ Years (1 Teaspoon) | % DV for Children 4-8 Years (½ Teaspoon) | % DV for Children 1-3 Years (½ Teaspoon) |
| Calories | 40 | | | |
| Calories from Fat | 40 | | | |
| Total Fat | 4.5 g | 7% ♦ | 4% ♦ | † |
| Saturated Fat | 1 g | 4% ♦ | 2% ♦ | † |
| Cholesterol | 45 mg | 15% ♦ | 8% ♦ | † |
| Vitamin D (cholecalciferol) | 1000 IU | 250% | 125% | 125% |
| Fish Oil (Anchovy and Sardine) | 4560 mg | † | † | † |
| Yielding | | | | |
| EPA (Eicosapentaenoic Acid) | 950 mg | † | † | † |
| DHA (Docosahexaenoic Acid) | 725 mg | † | † | † |
| Total Omega-3 Fatty Acids | 1975 mg | † | † | † |

♦ Percent Daily Values (DV) are based on a 2000 calorie diet
† Daily Value not established

Other Ingredients: Orange oil, natural mixed tocopherols

Recommended Dose

Adults and Adolescents (9 years and older): Take one teaspoon daily with a meal or as recommended by your healthcare practitioner. **Children (1-8 years):** Take ½ teaspoon daily with a meal or as recommended by your healthcare practitioner.

Size

6.8 fl oz (200 ml)

Product Code

10483





Fish oils emulsified by WisDOM-3™

The health benefits associated with an increased intake of omega-3's are well-recognized, but many people don't like the idea of taking lots of capsules – or the oily mouth-feel and potential fishiness of liquid oil products. To address those concerns, Seroyal scientists began to study ways of emulsifying omega oils through a process called WisDOM-3™ to make them more palatable. Over the course of this work, they unexpectedly uncovered some facts about omega-3 absorption that are beginning to change drastically the way in which omega-3's are presented.

Increases rate of EPA and DHA absorption

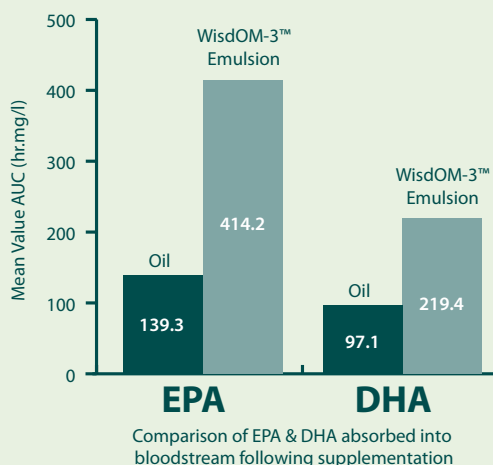
During the development of WisDOM-3™ a pilot trial was conducted reporting less than 50% absorption of the omega-3 contained in standard cod liver oil or fish oil. However, when the fish oil was emulsified using WisDOM-3™, then the rate of absorption of both EPA and DHA increased: 3X for EPA and 2X for DHA.¹

When we digest most fats and oils in our diet, the emulsification that naturally occurs in the stomach and intestine is sufficient to ensure that complete absorption takes place. However, the most important omega-3's, EPA and DHA, are very long molecules, and our digestive tract finds them much more difficult to digest and absorb. The result is that over half are left behind and not absorbed, and is probably the reason why people often complain of repeating after taking cod liver and other fish oils.

Allows blending of other nutrients

WisDOM-3™ emulsification also has the benefit of allowing other nutritional ingredients such as vitamins, plant sterols and glucosamine to be added, enabling products with multiple benefits to be developed.

Finally, WisDOM-3™ causes oils to lose their "oiliness" and allows natural flavors and fruit concentrates to be added, making WisDOM-3™ products delicious to take either directly from the spoon or mixed into fruit juices or smoothies.



1. Garaiova et al, Nutrition Journal 2007

Berry DHA

ESSENTIAL FATTY ACID SUPPLEMENT

Emulsified DHA and EPA formula high in vitamin C

- Helps to maintain cardiovascular health*
- Helps to support healthy lipid metabolism*
- Helps to support cognitive function*
- Helps to support brain, eye and nerve development in children and adolescents*
- Provides 600 mg of DHA and 296 mg of EPA per serving
- Provides 30 mg of anthocyanins and 50 mg of vitamin C per serving
- Provides a delicious combination of natural berry and tropical fruit flavors

Berry DHA combines omega-3 fatty acids, anthocyanins and vitamin C in a powerful formula that supports brain functioning and cardiovascular health. Omega-3 fatty acids provide numerous health benefits. DHA supports optimal pre- and postnatal brain development, and promotes proper eye development and visual acuity in infants. Recent research suggests that DHA and EPA support already healthy triglyceride levels by promoting fatty acid metabolism. Berry DHA is high in vitamin C, an antioxidant that helps to maintain immune functioning and supports healthy growth and repair of body tissues. Anthocyanins also provide antioxidant protection and support optimal immune and cardiovascular health.*

SUPPLEMENT FACTS

Serving Size 2 Teaspoons (10 ml)
Servings per Container about 22

| Each Serving Contains | | % DV for Adults and Children 4+ Years | % DV for Children 1-3 Years |
|---|---------|---|-----------------------------------|
| Calories | 45 | | |
| Calories from Fat | 25 | | |
| Total Fat | 2.5 g | 4% ♦ | † |
| Total Carbohydrate | 5 g | 2% ♦ | † |
| Sugars | 3 g | † | † |
| Vitamin C (ascorbic acid) | 50 mg | 83% | 125% |
| Fish Oil (Tuna, Sardine and Anchovy) | 2556 g | † | † |
| Yielding | | | |
| DHA (Docosahexaenoic acid) | 600 mg | † | † |
| EPA (Eicosapentaenoic acid) | 296 mg | † | † |
| Total Omega-3 Fatty Acids | 1086 mg | † | † |
| Wild Berry-Apple Concentrate | 1000 mg | † | † |
| [Black currant (<i>Ribes nigrum</i>) fruit, European elder (<i>Sambucus nigra</i>) fruit, Bilberry (<i>Vaccinium myrtillus</i>) fruit, Chokeberry (<i>Aronia melanocarpa</i>) fruit, Apple (<i>Malus pumila</i>) fruit] | | | |
| Yielding | | | |
| Anthocyanins | 30 mg | † | † |

♦ Percent Daily Values (DV) are based on a 2,000 calorie diet
† Daily Value (DV) not established

Other Ingredients: Concentrated pineapple juice, modified corn starch, purified water, fructose, mango puree, concentrated orange juice, banana puree, hydroxypropyl alginate, pineapple flavor, acacia gum, natural mixed tocopherols, vanilla flavor, potassium sorbate

Recommended Dose

Adults and Children (1 year and older): Take two teaspoons once daily with a meal or as recommended by your healthcare practitioner. If preferred, Berry DHA can be mixed with juice or water. Shake well before each use.

Size

7.6 fl oz (225 ml)

Product Code

10449



Berry EFA Plus

ESSENTIAL FATTY ACID SUPPLEMENT

Emulsified EPA and DHA Formula

- Provides omega-3 fatty acids for optimal health*
- Supports cognitive health and brain function, and the development of the brain, eyes, and nerves in children and adolescents*
- Helps to support cardiovascular health*
- Supports healthy lipid metabolism*
- Provides 500 mg of EPA and 375 mg of DHA per serving
- Provides 30 mg of anthocyanins per serving
- Delicious combination of natural berry and tropical fruit flavors

Berry EFA Plus is a unique combination of omega-3 fatty acids and antioxidants that helps to support cardiovascular health. In a randomized, placebo-controlled trial, supplementation with 1.28 g of DHA and EPA daily for 12 weeks supported healthy lipid metabolism. Berry EFA Plus provides 875mg of DHA and EPA, is high in vitamin C, and contains 30 mg of anthocyanins per serving.*

SUPPLEMENT FACTS

Serving Size 2 Teaspoons (10 ml)
Servings per Container 30

| Each Serving Contains | % DV for Adults and Children 4+ Years (½ Teaspoon) | | % DV for Children 2-3 Years (½ Teaspoon) | |
|--|---|-----|---|---|
| | | | | |
| Calories | 40 | | | |
| Calories from Fat | 25 | | | |
| Total Fat | 2.5 g | 4%◆ | | † |
| Saturated Fat | 0.5 g | 3%◆ | | † |
| Cholesterol | 25 mg | | 9% | † |
| Total Carbohydrate | 4 g | 1%◆ | | † |
| Sugars | 2 mg | | † | † |
| Fish Oil (Sardine and Anchovy) | 2554 mg | | † | † |
| Yielding | | | | |
| EPA (Eicosapentaenoic Acid) | 500 mg | | † | † |
| DHA (Docosahexaenoic Acid) | 375 mg | | † | † |
| Total Omega-3 Fatty Acids | 1200 mg | | | |
| Wild Berry-Apple Concentrate | 1000 mg | | † | † |
| [Chokeberry (<i>Aronia melanocarpa</i>), Elderberry (<i>Sambucus nigra</i>), Bilberry (<i>Vaccinium myrtillus</i>), Black Currant (<i>Ribes nigrum</i>) and Apple (<i>Malus domestica</i>) fruits] | | | | |
| Yielding | | | | |
| Anthocyanins | 30 mg | | † | † |

◆ Percent Daily Values (DV) are based on a 2,000 calorie diet
† Daily Value (DV) not established

Other Ingredients: Concentrated pineapple juice, modified corn starch, fructose, purified water, mango puree, concentrated orange juice, banana puree, hydroxypropyl alginate, pineapple flavor, natural mixed tocopherols, acacia gum, vanilla flavor, potassium sorbate

Recommended Dose

Adults and Children (9 years and older): Take two teaspoons two times daily with meals or as recommended by your healthcare practitioner. **Children (2-8 years):** Take two teaspoons daily with a meal or as recommended by your healthcare practitioner. If preferred, Berry EFA Plus can be mixed with juice or water.

Size

10 fl oz (300 ml)

Product Code

10448



Fruit EFA

ESSENTIAL FATTY ACID SUPPLEMENT

Emulsified EPA and DHA formula

- Supports cognitive health and brain function*
- Supports brain, eye and nerve development in children and adolescents*
- Supports cardiovascular health*
- Supports healthy lipid metabolism*
- Provides 560 mg of EPA and 410 mg of DHA per serving
- Comes in a delicious combination of natural berry and tropical fruit flavors

Fruit EFA provides a combination of omega-3 fatty acids that support cardiovascular health and cognitive function. EPA and DHA may play a role in regulating fatty acid metabolism. In a randomized, placebo-controlled trial involving 67 adults, supplementation with 1.92 g of EPA and DHA daily for 12 weeks supported healthy lipid metabolism. Research suggests that fish oil supplementation may help to maintain optimal neural functioning, which in turn supports healthy cognition. DHA also helps to support pre- and postnatal brain development, ocular health, and visual acuity. Fruit EFA comes in a delicious liquid form that provides an alternative to difficult-to-swallow capsules.*

SUPPLEMENT FACTS

Serving Size 2 Teaspoons (10 ml)
Servings per Container 30

| Each Serving Contains | % DV for Adults and Children 4+ Years (½ Teaspoon) | | % DV for Children 2-3 Years (½ Teaspoon) | |
|--------------------------------|---|-----|---|------|
| | | | | |
| Calories | 45 | | | |
| Calories from Fat | 25 | | | |
| Total Fat | 2.5 g | 4%◆ | | † |
| Saturated Fat | 0.5 g | 3%◆ | | † |
| Polyunsaturated Fat | 1.5 g | | † | † |
| Cholesterol | 25 mg | | 8% | † |
| Total Carbohydrate | 5 g | 2%◆ | | † |
| Sugars | 5 g | | † | † |
| Vitamin A | 160 IU | | 3% | 6% |
| Vitamin C | 58 mg | | 97% | 145% |
| Fish Oil (Sardine and Anchovy) | 2554 mg | | † | † |
| Yielding | | | | |
| EPA (Eicosapentaenoic Acid) | 560 mg | | † | † |
| DHA (Docosahexaenoic Acid) | 410 mg | | † | † |

◆ Percent Daily Values (DV) are based on a 2,000 calorie diet
† Daily Value (DV) not established

Other Ingredients: Concentrated pineapple juice, starch, purified water, fructose, concentrated orange juice, mango puree, banana puree, hydroxypropyl alginate, ascorbic acid, pineapple flavor, acacia gum, natural mixed tocopherols, vanilla flavor, potassium sorbate

Recommended Dose

Adults and Children (9 years and older): Take two teaspoons two times daily with meals or as recommended by your healthcare practitioner. **Children (1-8 years):** Take two teaspoons daily with a meal or as recommended by your healthcare practitioner. If preferred, Fruit EFA may be mixed with juice or water.

Size

10 fl oz (300 ml)

Product Code

10417



Krill Oil

ESSENTIAL FATTY ACID SUPPLEMENT

Provides EPA and DHA

- Provides 130 mg of EPA and 70 mg of DHA per day
- Provides 390 mg of phospholipids and 750 mcg of esterified astaxanthin per day
- Supports cardiovascular health*
- Supports healthy lipid metabolism*

Krill Oil is a blend of omega-3 fatty acids, phospholipids, and astaxanthin that provides an alternative to fish oil. The EPA and DHA in krill oil is primarily bound to phospholipids, which may improve intestinal transport and bioavailability. Krill contains astaxanthin, which is the carotenoid antioxidant responsible for its red pigmentation. Research suggests krill promotes cardiovascular health and healthy lipid metabolism.*

| SUPPLEMENT FACTS | | |
|---|---------|-----|
| Serving Size 2 Capsules | | |
| Servings per Container 30 | | |
| Each Serving Contains | | %DV |
| Calories | 10 | |
| Calories from Fat | 10 | |
| Total Fat | 1 g | 2%◆ |
| Saturated Fat | 0.5 g | 1%◆ |
| Cholesterol | 10 mg | 4% |
| Krill (<i>Euphausia superba</i>) Body Oil | 1000 mg | † |
| Yielding | | |
| EPA (Eicosapentaenoic Acid) | 130 mg | † |
| DHA (Docosahexaenoic Acid) | 70 mg | † |
| Total Omega-3 Fatty Acids | 240 mg | † |
| Phospholipids | 390 mg | † |
| Esterified Astaxanthin | 750 mcg | † |
| ◆ Percent Daily Values (DV) are based on a 2,000 calorie diet | | |
| † Daily Value (DV) not established | | |

Other ingredients: Fish gelatin
Contains: Crustacean shellfish (krill), fish (tilapia)

Recommended Dose

Adults: Take two capsules daily or as recommended by your healthcare practitioner.

Size

60 Capsules

Product Code

10432



Phos Choline

PHOSPHOLIPID SUPPLEMENT

Concentrated lecithin-derived phospholipid formula

- Provides 2,880 mg of phosphatides per day
- Supports liver health and healthy hepatic fat metabolism*

Phos Choline provides phospholipids that help to support healthy liver function. Phosphatidylcholine is the primary phospholipid (also known as phosphatide) found in lecithin. It is an important component of cell membranes and is highly concentrated in hepatocytes. Phosphatidylcholine supports the production and secretion of very low density lipoprotein (VLDL), which transports triglycerides from the liver. Recent research suggests that choline supports liver health.*

SUPPLEMENT FACTS

Serving Size 2 Capsules
Servings per Container 45

Each Serving Contains

| | | |
|---|---------|-----|
| Calories | 25 | |
| Calories from Fat | 15 | |
| Total Fat | 1.5 g | 3%◆ |
| Saturated Fat | 0.5 g | 2%◆ |
| Soy Lecithin (from <i>Glycine max</i> bean) | 2400 mg | † |
| Yielding | | |
| Phosphatides | 1440 mg | † |

◆ Percent Daily Values (DV) are based on a 2,000 calorie diet
† Daily Value (DV) not established

Other ingredients: Bovine gelatin, glycerin, purified water

Contains: Soy

Recommended Dose

Adults: Take two capsules two times daily with meals or as recommended by your healthcare practitioner.

Size

90 Softgel Capsules

Product Code

10526



Phosphatidylserine

PHOSPHOLIPID SUPPLEMENT

Supports cognitive function*

- Provides 300 mg of phosphatidylserine per day

Phosphatidylserine is a phospholipid found in neuronal cell membranes that may help support optimal cognitive function. Phosphatidylserine helps to maintain membrane fluidity, and may help to mediate the activity of several neurotransmitters, including norepinephrine, dopamine, and serotonin. Phosphatidylserine can be metabolized into the choline-containing neurotransmitter acetylcholine, which may play a role in supporting cognitive health. Phosphatidylserine supplementation may increase brain-derived neurotrophic factor, a protein that may influence neuronal functions. In a randomized, placebo-controlled trial, daily supplementation with 300 mg of phosphatidylserine for six months promoted healthy cognitive function, which extended three months after the trial ended.*

| | |
|---|----------|
| SUPPLEMENT FACTS | |
| Serving Size 3 Capsules | |
| Servings per Container 10 | |
| Each Serving Contains | |
| Soy Lecithin (from <i>Glycine max</i> bean) | 300 mg † |
| Yielding | |
| Phosphatidylserine | 150 mg † |
| † Daily Value not established | |

Other Ingredients: Hypromellose, cellulose, silica, magnesium silicate, ascorbyl palmitate
 Contains: Soy

Recommended Dose

Adults: Take three capsules two times daily with meals or as recommended by your healthcare practitioner.

Size
 30 Vegetable Capsules

Product Code
 10580





Plant Oil Product Overview

Why supplement with plant oils?

Much emphasis is placed on the body's requirement for EPA and DHA, and while these two fatty acids are of utmost importance, plant oils are able to deliver a full spectrum of omega fatty acids (3,6,9). Plant oils can be found through land (i.e. plants) or aquatic sources (i.e. micro-algae). Plant oils provide an excellent alternative for those with fish oil sensitivities, vegans and vegetarians.

Omega-3s

ALA (Alpha Linolenic Acid)

Flax seed is a rich source of ALA and plant lignans (hormone-like phytoestrogens) containing 75-800 times more than that in other oil seeds, cereals, legumes, fruits and vegetables.

SDA (Stearidonic Acid)

Found in black currant.

Omega-6s

CLA (Conjugated Linoleic Acid)

Found in many plant oils including safflower, sunflower and soybean oils. At 3-5 g per day, CLA may help to support healthy weight management when used with a program of reduced intake of dietary calories and increased physical activity.*

GLA (Gamma-linolenic Acid)

Found in borage and evening primrose oil. Adequate amounts cannot be synthesized by the body and must be consumed through diet or supplementation.

LA (Linoleic Acid)

A polyunsaturated fatty acid used in the biosynthesis of arachidonic acid. It is abundant in many vegetable oils, including poppy seed, safflower and sunflower oils.

Omega-9s

OA (Oleic Acid)

Synthesized by the body in limited amounts. Common sources include: avocado, macadamia nuts, apricot seeds, almonds and olive oil.

Phytosterols

Phytosterols are naturally found in very small amounts in all types of unrefined plant oils such as olive oil and sunflower oil. Phytosterols help support cardiovascular health and healthy lipid metabolism.*

Algal Oils

Provides a vegetarian alternative to marine oils for omega-3 DHA and EPA.



Plant Oil Comparison Chart

| PRODUCT | EFA PER CAPSULE | BENEFITS/FEATURES |
|---|---|---|
| Biotone EFA 100 softgel capsules | 18 mg of ALA 174 mg of LA 112 mg of phytosterols | Promotes healthy lipid metabolism* |
| Butyrate Complex 90 vegetable capsules | 610 mg of butyric acid | Short chain saturated fatty acid |
| CLA 700 60 softgel capsules | 630 mg of CLA | Derived from safflower oil |
| Col-Sterol 60 softgel capsules | 650 mg of plant sterol esters | Products providing at least 650 mg per serving of plant sterol esters, taken twice a day with meals for a daily total intake of at least 1,300 mg, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease |
| DHA/EPA Vegan 60 vegetable capsules | 180 mg of DHA 100 mg of EPA | Derived from micro-algae Suitable for vegetarians, vegans and those with fish oil sensitivities |
| Flax Oil Capsules (Organic) 90 softgel capsules | 550 mg of ALA 150 mg of LA | Blend of omega-3, -6 and -9 |
| GLA 90 Black Currant Oil 90 softgel capsules | 85 mg of GLA 215 mg of LA | 17% GLA per capsule |
| GLA 130 Primrose Oil 90 softgel capsules | 130 mg of GLA 960 mg of LA | 10% GLA per capsule |
| Neurogen DHA 30 vegetable capsules | 100 mg of DHA | Derived from micro-algae |
| Super Neurogen DHA 30 softgel capsules | 200 mg of DHA | Derived from micro-algae |
| Organic Vegan EFA Liquid 10.1 fl oz (300 ml) | Contains ALA and LA | Contains a mixture of oils including flax seed, hemp seed, camelina, pumpkin, coconut and black cumin |
| Perilla EFA 90 softgel capsules | 550 mg of ALA 150 mg of LA | 55% ALA per capsule |
| Pumpkin Capsules 90 softgel capsules | 400 mg of LA 180 mg of OA 100 mg of PA 30 mg of SA | Derived from pumpkin seed oil |

Biotone EFA

ESSENTIAL FATTY ACID SUPPLEMENT

Combination of free plant sterols from *glycine max* bean (soybean)

- Helps to support healthy lipid metabolism*
- Provides antioxidants and essential fatty acids to support cardiovascular health*
- Provides 896 mg of free plant sterols per daily serving
- Includes 10 IU of mixed tocopherols per daily serving
- Provides 1,392 mg of linoleic acid and 144 mg of ALA per daily dose

Biotone EFA is a unique blend of lecithin-derived free plant sterols, essential fatty acids, and antioxidants. Free-form plant sterols may help to promote healthy lipid metabolism. One serving of Biotone EFA supplies 448 mg of plant sterols.*

| 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

Recommended Dose

Adults: Take four capsules two times daily with meals or as recommended by your healthcare practitioner.

Size

100 Softgel Capsules

Product Code

10400



*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Butyrate Complex

BUTYRIC ACID SUPPLEMENT

Short chain fatty acid (SCFA) formula

- Each capsule provides 610 mg of butyric acid from calcium/magnesium butyrate

Butyrate Complex provides 610 mg of butyric acid per capsule, from calcium/magnesium butyrate. Butyric acid is a short chain fatty acid (SCFA) that is naturally formed within the human large intestine through the digestion of dietary fiber, and used as a source of energy for colon epithelial cells.*

SUPPLEMENT FACTS

Serving Size 1 Capsule
Servings per Container 90

| Each Capsule Contains | | % DV |
|---|--------|------|
| Calcium (calcium butyrate) | 82 mg | 8% |
| Magnesium (magnesium butyrate) | 40 mg | 10% |
| Butyric acid (calcium/magnesium butyrate) | 610 mg | † |

† Daily Value (DV) not established

Other Ingredients: Hypromellose, medium chain triglycerides

Recommended Dose

Adults: Take one capsule three times daily with meals, a few hours before or after taking other medications, or as recommended by your healthcare practitioner.

Size

90 Vegetable Capsules

Product Code

10478



CLA 700

CONJUGATED LINOLEIC ACID SUPPLEMENT

Body composition support*

- May help to support a healthy body composition and weight, in combination with a healthy diet and an active lifestyle*
- May promote healthy lean mass, in conjunction with a healthy diet and an active lifestyle*
- Provides 3.78 g of CLA per daily serving

Recent research indicates that CLA may help to support a healthy body composition and weight, in conjunction with a balanced diet and regular physical activity. CLA may also help to promote lean body mass. Animal research suggests that CLA functions by decreasing energy intake, increasing energy expenditure, regulating lipid metabolism, and reducing fat cell production. In a randomized, placebo-controlled trial, supplementation with 3.4 g daily of CLA for six months supported a healthy body composition and lean body mass.*

SUPPLEMENT FACTS

Serving Size 3 Capsules
Servings per Container 20

| Each Serving Contains | | % DV |
|--------------------------------|---------|------|
| Calories | 30 | |
| Calories from Fat | 30 | |
| Total Fat | 3 g | 5% ♦ |
| Protein | <1 g | 1% ♦ |
| CLA (Conjugated Linoleic Acid) | 1890 mg | † |

♦ Percent Daily Values (DV) are based on a 2,000 calorie diet
† Daily Value not established

Other Ingredients: Bovine gelatin, safflower oil, glycerin, carob color, purified water

Recommended Dose

Adults: Take three capsules two times daily with meals, or as recommended by your healthcare practitioner. Consult your healthcare practitioner for use beyond six months.

Size

60 Softgel Capsules

Product Code

10591



Col-Sterol

PLANT STEROL SUPPLEMENT

Combination of *Brassica napus* plant sterols

- Supports cardiovascular health*
- Promotes healthy lipid metabolism*
- Provides 1,300 mg of plant sterol esters per daily serving

Col-Sterol is a unique blend of plant sterol esters that supports healthy total and LDL cholesterol levels already within the normal range. Plant sterols support healthy cholesterol metabolism, and may have an impact on dietary cholesterol absorption, cholesterol use for bile acid synthesis, bile acid reabsorption, and cholesterol excretion. In a small double blind, placebo-controlled study, supplementation with 1.3 g of sterol esters daily for four weeks supported healthy total cholesterol and LDL levels. Products providing at least 650 mg per serving of plant sterol esters, taken twice a day with meals for a daily total intake of at least 1,300 mg, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.*

SUPPLEMENT FACTS

Serving Size 1 Capsule
Servings per Container 60

Each Capsule Contains

Plant Sterol Esters (from *Brassica napus* oil)
(80% combined: beta-sitosterol, campesterol, stigmasterol) 650 mg †

† Daily Value not established

Other Ingredients: Bovine gelatin, glycerin, natural mixed tocopherols

Recommended Dose

Adults: Take one capsule two times daily with meals or as recommended by your healthcare practitioner.

Size

60 Softgel Capsules

Product Code

10562



DHA/EPA Vegan

ESSENTIAL FATTY ACID SUPPLEMENT

Algae-derived omega-3 fatty acids to support cardiovascular health*

- Provides 720 mg of DHA and 400 mg of EPA per two capsules
- Helps to maintain cardiovascular health*
- Supports healthy lipid metabolism*
- Supports the development of brain, eyes and nerves in children

DHA/EPA Vegan is a unique blend of omega-3 fatty acids that supports optimal brain, eye and cardiovascular health. Algae-derived oils provide a vegan-friendly omega-3 source with little environmental impact. Recent research indicates that DHA derived from algal oil helps to support healthy lipid metabolism. In a randomized, placebo-controlled trial involving 106 healthy vegetarian adults, daily supplementation with 940 mg of algae-derived omega-3 fatty acids supported cardiovascular health. In addition to supporting cardiovascular health, DHA and EPA also promote brain and eye health.*

SUPPLEMENT FACTS

Serving Size 2 Capsules
Servings per Container 30

Each Serving Contains

% DV

| | | |
|--|---------|------|
| Calories | 10 | |
| Calories from Fat | 10 | |
| Total Fat | 1.5 g | 2% ♦ |
| Saturated Fat | 0.5 g | 1% ♦ |
| Algal Oil (from <i>Schizochytrium</i> sp.) | 1390 mg | † |
| Yielding | | |
| DHA (Docosahexaenoic Acid) | 360 mg | † |
| EPA (Eicosapentaenoic Acid) | 200 mg | † |

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

† Daily Value not established

Other Ingredients: Hypromellose, sunflower oil, sunflower lecithin, rosemary extract, natural mixed tocopherols, ascorbyl palmitate, silica

Recommended Dose

Adults: Take two capsules two to three times daily or as recommended by your healthcare practitioner.

Size

60 Vegetable Capsules

Product Code

10468



Flax Oil Capsules

ESSENTIAL FATTY ACID SUPPLEMENT

Omega-3 rich fatty acid formula for cardiovascular health*

- Provides essential fatty acids, including omega-3 fatty acids and ALA
- Supports cardiovascular health*
- Supports skin health*

Flax is a plant source of the omega-3 fatty acid alpha linolenic acid (ALA) and the omega-6 fatty acid linolenic acid (LA). ALA is metabolized to EPA and DHA. Recent research suggests that daily supplementation with flaxseed oil for eight weeks supports healthy levels of EPA and DPA, a DHA precursor and likely storage form of EPA. Fatty acids promote cardiovascular health and support optimal skin health and hydration. ALA may help to maintain platelet and endothelial cell function.*

| SUPPLEMENT FACTS | |
|---|-----------|
| Serving Size 1 Capsule | |
| Servings per Container 90 | |
| Each Capsule Contains | % DV |
| Calories | 10 |
| Calories from Fat | 10 |
| Total Fat | 1 g 2% ♦ |
| Organic Flax (<i>Linum usitatissimum</i>) Seed Oil | 1000 mg † |
| Yielding | |
| ALA (Alpha-Linolenic Acid) | 550 mg † |
| LA (Linoleic Acid) | 150 mg † |
| OA (Oleic Acid) | 160 mg † |
| ♦ Percent Daily Values (DV) are based on a 2,000 calorie diet | |
| † Daily Value not established | |

Other Ingredients: Gelatin, glycerin, purified water

Recommended Dose

Adults: Take one capsule two times daily with meals, or as recommended by your healthcare practitioner.

Size

90 Softgel Capsules

Product Code

10416



GLA 90 Black Currant Oil

ESSENTIAL FATTY ACID SUPPLEMENT

Combination of omega-6 and omega-3 fatty acids

- Provides 860 mg of LA and 340 mg of GLA per daily dose
- Includes 260 mg of ALA per daily dose
- Promotes skin health*

Black currant oil is a natural source of omega-6 and omega-3 fatty acids. Linolenic acid (LA) accounts for approximately 12% of fatty acids in the skin, and helps to maintain the integrity of the epidermal barrier. EFAs help maintain moisture in the eyes and skin, and omega-6 supplementation may play a role in mediating collagen production in the skin. In a recent study of 40 healthy adults, supplementation with 2 g of blackcurrant seed oil for three months supported skin health and moisture levels in forearm and cheek skin.*

| SUPPLEMENT FACTS | |
|---|-----------|
| Serving Size 2 Capsules | |
| Servings per Container 45 | |
| Each Serving Contains | % DV |
| Calories | 10 |
| Calories from Fat | 10 |
| Total Fat | 1 g 2% ♦ |
| Black Currant (<i>Ribes nigrum</i>) Seed Oil | 1000 mg † |
| Yielding | |
| GLA (Gamma-Linolenic Acid) | 170 mg † |
| ALA (Alpha-Linolenic Acid) | 130 mg † |
| LA (Linoleic Acid) | 430 mg † |
| OA (Oleic Acid) | 90 mg † |
| SDA (Stearidonic Acid) | 24 mg † |
| ♦ Percent Daily Values (DV) are based on a 2,000 calorie diet | |
| † Daily Value not established | |

Other Ingredients: Gelatin, glycerin, purified water

Recommended Dose

Adults: Take two capsules two times daily, away from meals, or as recommended by your healthcare practitioner.

Size

90 Softgel Capsules

Product Code

10415



GLA 130 Primrose Oil

ESSENTIAL FATTY ACID SUPPLEMENT

Omega-6 fatty acids to maintain health*

- Provides 1,920 mg of LA and 260 mg of GLA per daily dose
- Promotes skin health*

Primrose oil is derived from evening primrose, a yellow flowering herb native to the Americas. It is a source of omega-6 fatty acids, including gamma-linolenic acid (GLA) and linolenic acid (LA), that helps to maintain optimal skin health. LA accounts for approximately 12% of fatty acids in the skin, and helps maintain the integrity of the epidermal barrier. Omega-6 fatty acids promote epithelial cell function and support moisture levels in the skin and eyes. In a randomized, placebo-controlled trial, daily supplementation with evening primrose oil for three months promoted skin firmness and elasticity in adults. Recent research indicates that the skin benefits from evening primrose oil supplementation may take over four weeks to develop, as skin cells must regenerate.*

SUPPLEMENT FACTS

Serving Size 1 Capsule
Servings per Container 90

| Each Capsule Contains | | % DV |
|--|---------|------|
| Calories | 15 | |
| Calories from Fat | 10 | |
| Total Fat | 1.5 g | 2% ♦ |
| Polyunsaturated Fat | 1 g | † |
| Evening Primrose (<i>Oenothera biennis</i>) Seed Oil | 1300 mg | † |
| Yielding | | |
| GLA (Gamma-Linolenic Acid) | 130 mg | † |
| LA (Linoleic Acid) | 960 mg | † |
| OA (Oleic Acid) | 70 mg | † |
| PA (Palmitic Acid) | 78 mg | † |

♦ Percent Daily Values (DV) are based on a 2,000 calorie diet
† Daily Value not established

Other Ingredients: Bovine gelatin, glycerin, purified water, *d*-alpha tocopherol

Recommended Dose

Adults: Take one capsule two times daily with meals or as recommended by your healthcare practitioner.

Size

90 Softgel Capsules

Product Code

10414



Neurogen DHA

ESSENTIAL FATTY ACID SUPPLEMENT

Vegan-friendly blend of DHA and vitamin E

- Provides 200 mg DHA from algal oil per day
- Provides 40 IU of vitamin E per day
- Supports healthy cognitive and neurological function*
- Excellent source of the antioxidant vitamin E

Neurogen DHA is a combination of the omega-3 fatty acid DHA and vitamin E designed to provide support for cognitive health. Algae-derived oils provide a vegan-friendly omega-3 source that may be lacking in the typical vegan/vegetarian diet and has minimal impact on the ocean ecosystem. Vitamin E serves as an antioxidant to support and maintain good health. DHA, the most abundant omega-3 polyunsaturated fatty acid in the brain, is found in neuronal synapses, indicating a role in cognitive and neurological functioning. DHA metabolites may help to maintain healthy neural cell activity.*

SUPPLEMENT FACTS

Serving Size 1 Capsule
Servings per Container 30

| Each Capsule Contains | | % DV |
|--|--------|-------|
| Calories | 5 | |
| Total Carbohydrate | <1 g | <1% ♦ |
| Vitamin E (d-alpha tocopheryl acetate) | 20 IU | 67% ♦ |
| Algal Oil (<i>Schizochytrium</i> sp.) | 250 mg | † |
| Yielding | | |
| DHA (Docosahexaenoic Acid) | 100 mg | † |

♦ Percent Daily Values (DV) are based on a 2,000 calorie diet
† Daily Value not established

Other Ingredients: Hypromellose, silica, magnesium stearate

Recommended Dose

Adults: Take one capsule two times daily with meals, or as recommended by your healthcare practitioner.

Size

30 Vegetable Capsules

Product Code

10590



Organic Vegan EFA Liquid

ESSENTIAL FATTY ACID SUPPLEMENT

Vegan combination of organic plant oils

- Provides essential fatty acids, including omega-3 fatty acids and ALA
- Supports cardiovascular health*
- Supports skin health*
- Comes in a delicious pineapple flavor

Organic Vegan EFA Liquid is a great-tasting blend of organic plant oils. Flaxseed oil is a natural source of the omega-3 fatty acid ALA. Hempseed, pumpkinseed, and black cumin seed oil all provide the omega-6 fatty acid LA. Coconut oil contains medium chain saturated fatty acids, which are preferentially metabolized for cellular energy production and not cholesterol synthesis. Omega-6 fatty acids, especially coconut oil, help support normal epithelial cell function and help maintain healthy skin hydration. L-arginine in coconut oil, thymoquinone in black cumin seed oil, and beta carotene in pumpkinseed oil all serve as antioxidants to promote overall health.*

| SUPPLEMENT FACTS | | |
|---|-----------|-------|
| Serving Size 1 Tablespoon (15 ml) | | |
| Servings per Container 20 | | |
| Each Tablespoon Contains | | % DV |
| Calories | 120 | |
| Calories from Fat | 120 | |
| Total Fat | 14 g | 16% ♦ |
| Saturated Fat | 2 g | 7% ♦ |
| Organic Flax (<i>Linum usitatissimum</i>) Seed Oil | 5412.3 mg | † |
| Organic Hemp (<i>Cannabis sativa</i>) Seed Oil | 2705 mg | † |
| Organic False Flax (<i>Camelina sativa</i>) Seed Oil | 2775 mg | † |
| Organic Pumpkin (<i>Cucurbita pepo</i>) Seed Oil | 1475 mg | † |
| Organic Coconut (<i>Cocos nucifera</i>) Meat Oil | 750 mg | † |
| Organic Black Cumin (<i>Nigella sativa</i>) Seed Oil | 368 mg | † |
| ♦ Percent Daily Values (DV) are based on a 2,000 calorie diet | | |
| † Daily Value not established | | |

Other Ingredients: Organic pineapple flavor, natural mixed tocopherols, organic rosemary extract, rebaudioside A (organic stevia leaf extract)

Recommended Dose

Adults: Take one tablespoon daily or as recommended by your healthcare practitioner. For use beyond eight weeks, consult your healthcare practitioner.

Size

10.1 fl oz (300 ml)

Product Code

10489



Perilla EFA

ESSENTIAL FATTY ACID SUPPLEMENT

Plant-derived omega-3 and omega-6 fatty acids help maintain skin health*

- Provides 1,650 mg of ALA and 450 mg of LA per daily dose

Perilla oil is derived from perilla, an herb from the mint family that is a source of the omega-3 fatty acid ALA and the omega-6 fatty acid LA. Recent research suggests that combined supplementation of omega-3 and -6 fatty acids may help maintain optimal skin health. Fatty acids help maintain the proper structure and function of the skin, including supporting healthy skin moisture levels. ALA may also help to maintain proper platelet and endothelial cell function.*

SUPPLEMENT FACTS

Serving Size 3 Capsules
Servings per Container 30

| Each Serving Contains | | % DV |
|---|---------|------|
| Calories | 30 | |
| Calories from Fat | 25 | |
| Total Fat | 3 g | 4% ♦ |
| Protein | < 1 g | 2% ♦ |
| Perilla (<i>Perilla frutescens</i>) Seed Oil | 3000 mg | † |
| Yielding | | |
| ALA (Alpha-Linolenic Acid) | 1650 mg | † |
| LA (Linoleic Acid) | 450 mg | † |
| OA (Oleic Acid) | 390 mg | † |
| ♦ Percent Daily Values (DV) are based on a 2,000 calorie diet | | |
| † Daily Value not established | | |

Other Ingredients: Bovine gelatin, glycerin, purified water

Recommended Dose

Adults: Take three capsules daily with a meal or as recommended by your healthcare practitioner.

Size

90 Softgel Capsules

Product Code

10434



Pumpkin Capsules

ESSENTIAL FATTY ACID SUPPLEMENT

Pumpkin seed oil

- Source of linoleic acid, oleic acid, palmitic acid and stearic acid
- A source of essential fatty acids

Convenient softgel format

- Increases patient compliance

SUPPLEMENT FACTS

Serving Size 1 Capsule
Servings per Container 90

| Each Capsule Contains | | % DV |
|--|---------|------|
| Calories | 10 | |
| Calories from Fat | 10 | |
| Total Fat | 1 g | 2% ♦ |
| Polyunsaturated Fat | 0.5 g | † |
| Pumpkin (<i>Cucurbita pepo</i>) Seed Oil | 1000 mg | † |
| Yielding | | |
| LA (Linoleic Acid) | 400 mg | † |
| OA (Oleic Acid) | 180 mg | † |
| PA (Palmitic Acid) | 100 mg | † |
| SA (Stearic Acid) | 30 mg | † |

♦ Percent Daily Values (DV) are based on a 2,000 calorie diet
† Daily Value not established

Other Ingredients: Bovine gelatin, glycerin, purified water

Recommended Dose

Adults: Take one capsule two times daily with meals or as recommended by your healthcare practitioner.

Size

90 Softgel Capsules

Product Code

10527



Super Neurogen DHA

ESSENTIAL FATTY ACID SUPPLEMENT

Algae-derived DHA capsules

- Supports neuronal health*
- Supports cognitive function*
- Provides 400 mg DHA from algal oil per daily dose

Super Neurogen DHA provides the omega-3 fatty acid DHA, which helps to support neuronal health. DHA is the most abundant omega-3 fatty acid in the brain, and it has a role in supporting cognitive function. DHA supplementation has also been associated with maintaining healthy neuronal activity in the hippocampus, which is associated with memory.*

SUPPLEMENT FACTS

Serving Size 1 Capsule
Servings per Container 30

| Each Capsule Contains | | % DV |
|-------------------------------------|--------|-------|
| Calories | 5 | |
| Calories from Fat | 5 | |
| Total Fat | 0.5 g | <1% ♦ |
| Cholesterol | <5 mg | 1% |
| Algal Oil (from Schizochytrium sp.) | 606 mg | † |
| Yielding | | |
| DHA (Docosahexaenoic Acid) | 200 mg | † |

♦ Percent Daily Values (DV) are based on a 2,000 calorie diet
† Daily Value not established

Other Ingredients: Bovine gelatin, glycerin, purified water, turmeric, annatto seed extract
Contains: Soy

Recommended Dose

Adults: Take one capsule two times daily with meals or as recommended by your healthcare practitioner.

Size

30 Softgel Capsules

Product Code

10585





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