

**Recommended Dose: Adults and Adolescents (12 years and older):**

Take 2 softgels 2 times daily with meals or as recommended by your health professional. **Warning:** If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use. **Keep out of the reach of children.** Use only if safety seal is intact. Store in a cool, dry place.

**†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**



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Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

v3 **430-90U**

Made in Canada for

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**GENESTRA**  
BRANDS®

# Multi EFA Capsules

**Dietary Supplement**

**Fish, Flax and Borage Seed Oils**

*Supports cardiovascular health, cognitive function,  
healthy eyes and skin†*

**90 SOFTGELS**

## Supplement Facts

Serving Size 2 Softgels

Servings per Container 45

	Amount Per Serving	% DV
Calories	20	
Total Fat	2 g	3% <sup>^</sup>
Δ Fish Oil (from Anchovy and Sardine)	800 mg	*
Δ Flax ( <i>Linum usitatissimum</i> ) Seed Oil	800 mg	*
Δ Borage ( <i>Borago officinalis</i> ) Seed Oil	800 mg	*
Δ Yielding		
EPA (Eicosapentaenoic Acid)	220 mg	*
DHA (Docosahexaenoic Acid)	140 mg	*
ALA (Alpha-Linolenic Acid)	424 mg	*
GLA (Gamma-Linolenic Acid)	152 mg	*
LA (Linoleic Acid)	416.6 mg	*
OA (Oleic Acid)	330 mg	*

\* Daily value (DV) not established

<sup>^</sup> Percent daily values (DV) are based on a 2,000 calorie diet

Other ingredients: Capsule (gelatin, glycerin, purified water), mixed tocopherols concentrate

**Contains:** Fish (anchovy, sardine)



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