Recommended Dose: Take 3 capsules daily with a meal or as recommended by your health professional. Warning: If you are allergic to plants of the Lamiaciae/Labiatae/Mint family, do not use. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use. Use only if safety seal is intact. Store in a cool, dry place. Keep out of the reach of children.

[‡]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.

rely on stated quantity.

Contents may not fill package in order to accommodate required labeling. Please



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GENESTRA BRANDS°

Perilla EFA

Dietary Supplement Helps maintain skin health[‡]

90 SOFTGEL CAPSULES

Supplement Facts Serving Size 3 Capsules Servings per Container 30

unt Per Serving	% DV
30	
3 g	4% ^
<1g	2% ^
3,000 mg	*
1,650 mg	*
450 mg	*
390 mg	*
a 2,000 calorie diet	
	30 3 g < 1 g 3,000 mg 1,650 mg 450 mg 390 mg