

Recommended Dose: Adults: Take 1 teaspoon daily with a meal or as recommended by your health professional. **Children and Adolescents (1-18 years):** Take ½ teaspoon daily with a meal 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. Do not drink directly from the bottle. Refrigerate after opening.

†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.



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GENESTRA
BRANDS®

Omega EFA Liquid

Dietary Supplement

Natural Orange Flavor

Promotes cardiovascular health and supports healthy mood balance and joints†

5.1 fl oz (150 mL)

Supplement Facts

Serving Size 1-18 years: ½ Teaspoon (2.5 mL); 19+ years: 1 Teaspoon (5 mL)

Servings per Container 1-18 years: about 60; 19+ years: about 30

	Amount Per Tsp	% DV for Adults 19+ Years (1 Tsp)	Amount Per ½ Tsp	% DV for Children and Adolescents 4-18 Years (½ Tsp)	% DV for Children 1-3 Years (½ Tsp)
Calories	40		20		
Total Fat	4.5 g	6% [^]	2.5 g	3% [^]	6% ^{^^}
Cholesterol	<5 mg	2%	<5 mg	<1%	<1%
Fish Oil (from Anchovy)	4,569 mg	*	2,284.5 mg	*	*
Yielding					
EPA (Eicosapentaenoic Acid)	1,825 mg	*	912.5 mg	*	*
DHA (Docosahexaenoic Acid)	910 mg	*	455 mg	*	*
Total Omega-3 Fatty Acids	3,195 mg	*	1,597.5 mg	*	*

* Daily value (DV) not established

[^] Percent daily values (DV) are based on a 2,000 calorie diet

^{^^} Percent daily values (DV) are based on a 1,000 calorie diet

Other ingredients: Organic sweet orange oil, mixed tocopherols concentrate