

# Supplement Facts

Serving Size: 2 Softgel Capsules

Servings Per Container: 60

	Amount Per Serving	% Daily Value
Calories	20	
Calories from Fat	20	
Total Fat	2 g	3%†
Saturated Fat	0 g	0%†
Cholesterol	5 mg	2%
Proprietary Blend	2 g	
Flax Seed oil		*
Black Currant Seed Oil		*
Fish oil		*

† Percent Daily Values based on a 2,000 calorie diet

\* Daily Value not established

**Other ingredients:** Capsule shell (gelatin, glycerin and water) and natural mixed tocopherols.

**Contains ingredients derived from Anchovy.**

Each serving of **Optimal EFAs®-BC** provides:

ALA (Alpha-Linolenic acid)	530 mg
EPA (Eicosapentaenoic acid)	205 mg
DHA (Docosahexaenoic acid)	154 mg
GLA (Gamma-Linolenic acid)	152 mg
Oleic acid	200 mg

**This product is gluten and dairy free.**

**RECOMMENDATION:** Two (2) softgel capsules two (2) times each day as a dietary supplement or as otherwise directed by a healthcare professional.

**CAUTION:** Not recommended for pregnant women.

**KEEP OUT OF REACH OF CHILDREN**

Store in a cool, dry area. Sealed with an imprinted safety seal for your protection.

Product # 1418 Rev. 07/22