

Mixed EFA's™

Product # 1402

8 fluid ounces

| Nutrition Facts | | |
|--|----------------|----------------------------|
| Serving Size: 1 Tbsp (14 ml) | | Servings Per Container: 17 |
| Amount Per Serving | % Daily Value* | |
| Calories | 130 | |
| Calories from Fat | 130 | |
| Total Fat | 14 gm | 22% |
| Saturated Fat | 1 gm | 5% |
| Cholesterol | 0 mg | 0% |
| Sodium | 0 mg | 0% |
| Total Carbohydrate | 0 mg | 0% |
| Protein | 0 mg | 0% |
| Not a significant source of dietary fiber, Vitamin A, Vitamin C, Calcium and Iron. | | |
| *Percent Daily Values based on a 2,000 calorie diet | | |

RECOMMENDATION: One (1) to two (2) tablespoons each day as a dietary supplement or as otherwise directed by a healthcare professional. For maximum nutritional benefits, use within 6 weeks of opening. Refrigerate after opening.

Ingredients: Walnut oil, Hazelnut oil, Sesame oil and Apricot Kernel oil.

Packaged with ultra-pure nitrogen.

One tablespoon provides (on average):

Alpha-Linolenic Acid (omega-3) 350 mg
Linolenic Acid (omega-6) 5,180 mg
Oleic Acid (omega-9) 7,070 mg

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