

The Omega "Multi"



ProEFA

available in:
lemon 90 & 180 count

ProEFA is a high-potency essential fatty acid combination formula that blends EPA and DHA from fish oil with GLA from borage oil and omega-9 from oleic acid. While the benefits of the omega-3 fatty acids, EPA and DHA, are beginning to be more well known, few are familiar with the fatty acid, GLA.

GLA is a unique and beneficial omega-6 fatty acid that supports the body's natural anti-inflammatory response, maintains hormonal balance, and promotes optimal skin health. Plus, clinical studies show that the benefits of GLA greatly increase when taken with omega-3 fats. ProEFA provides a healthy balance of essential fatty acids, helping to increase lung health and support a healthy immune system while keeping joints flexible and skin smooth and clear.

Why ProEFA?:

- The omega "multi," that provides a healthy balance of omegas 3, 6, and 9
- Provides ongoing immune, joint, skin, and lung support*

Quality Counts

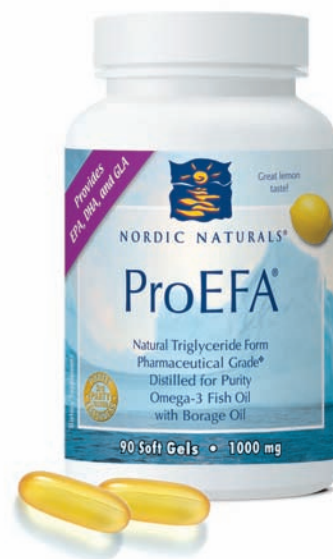
As with all Nordic Naturals products, ProEFA is in the natural triglyceride form for optimal absorption. Our patented "nitrogen processing" ensures that ProEFA is absolutely pure and fresh. Fresh fish oils are better for the body, and do not create negative side effects such as repeat or burp-back.

Pure and fresh fish oil supplements have a high safety profile and few, if any, side effects. Physicians should be advised of individuals taking more than three grams of combined EPA + DHA daily, or if they are taking certain medications.

*Nordic Naturals fish oils surpass all national and international pharmaceutical standards for freshness. Every batch of Nordic Naturals fish oils is 3rd party tested to guarantee exceptional freshness and purity levels, and is free** from heavy metals and environmental toxins.*

** no detected heavy metals at 10 ppb, dioxins/PCBs at 0.5 ppt

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



Supplement Facts

Amount Per Serving	Servings per container: 45	
		% Daily Value*
Calories	18	
Calories from fat	18	
Total Fat	2.0 g	3%
Saturated Fat	0.4 g	2%
Trans Fat	0 g	†
Vitamin E (d-alpha tocopherol)	30 I.U.	100%
Omega-3s	Weight ‡	Volume %
EPA (Eicosapentaenoic Acid)	270 mg	15%
DHA (Docosahexaenoic Acid)	180 mg	10%
Other Omega-3s	115 mg	6%
Total Omega-3s	565 mg	31%
Omega-6s	224 mg	12%
GLA (Gamma-Linolenic Acid)	66 mg	4%
Omega-9s	244 mg	13%
Oleic Acid (Omega-9)	160 mg	9%

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established. ‡ Natural Triglycerides
Less than 5 mg of Cholesterol per serving.

Ingredients: purified deep sea fish oil (from anchovies and sardines), soft gel capsule (gelatin, water, glycerin, natural lemon oil), borage oil, natural lemon oil, d-alpha tocopherol, rosemary extract.

No gluten, yeast, milk derivatives, or artificial colors or flavors.
Contains vitamin E derived from refined soybean oil.

NORDIC NATURALS 
Pure and Great Tasting Omega Oils