

MULTI-E.F.A.®

Multi-E.F.A.® has been specially formulated to provide your body with both Omega-3 and Omega-6 fatty acids. Containing flaxseed oil, borage oil, and evening primrose oil, Multi-E.F.A.® is a balanced combination of linoleic acid, gamma-linoleic acid, and arachidonate acid. Multi-E.F.A.® is part of a Full Spectrum nutritional program.*



Item# 82160 - 60 Soft Gels



Supplement Facts

Serving Size: 2 Soft-Gels

Servings per Container: 30

Amount per Serving	% Daily Value*	
Calories	27	
Calories from Fat	23	
Total Fat	2.4 g	3.40%
Saturated Fat	0.3 g	<1%
Polyunsaturated Fat	0.9 g	†
Monosaturated Fat	1.8 g	†

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

† Daily Value not established

Other ingredients: Organic flax seed oil (linum usitatissimum) non-GMO 1,600 mg, evening primrose oil (oenothera biennis) non-GMO 1,000 mg and soft gel capsule (gelatin, vegetable glycerin and purified water).

Average Fatty Acid Analysis: (Two soft gels)

Alpha linolenic acid (880 mg), linoleic acid (960 mg), oleic acid (356 mg), gamma linolenic acid (GLA) (95 mg).