

STORE SEALED IN A COOL DRY AREA

**Commitment to Quality Program**

Sourced and manufactured to avoid:<sup>1</sup>

- ✓ Artificial Additives ✓ Allergens ✓ GMOs
- ✓ Environmental Contaminants ✓ Added Excipients

[www.PureEncapsulations.com/QualityControl](http://www.PureEncapsulations.com/QualityControl)

<sup>1</sup>See Supplement Facts for specific product details

**Recommendations:** As a dietary supplement, take 2 capsules, 1-2 times daily, with meals.

**Tamper Resistant:** Use only if safety seal is intact.

**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.**



**pure**  
encapsulations®

# EFA Essentials

*triglyceride-form fish oil  
and borage oil blend*

DIETARY SUPPLEMENT  
120 SOFTGEL CAPSULES

## Supplement Facts

Serving size 2 softgel capsules  
Servings per container 60

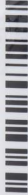
	Amount Per Serving	% Daily Value
Calories	20	
Calories from fat	20	
Total fat	2 g	3%**
Fish oil concentrate (from anchovies, sardines) providing:	1,914 mg	*
EPA (eicosapentaenoic acid)	570 mg	
DHA (docosahexaenoic acid)	430 mg	
other omega-3 fatty acids	130 mg	
Borage ( <i>Borago officinalis</i> ) oil (seed) providing:	300 mg	*
GLA (gamma-linolenic acid)	50 mg	

\* Daily value not established

\*\* Percent daily values are based on a 2,000 calorie diet

<sup>1</sup>Contains fish (anchovies, sardines)

Other ingredients: gelatin capsule (gelatin, glycerin, water), natural lemon flavor, proprietary natural antioxidant blend (natural tocopherols, rosemary leaf extract, ascorbyl palmitate)



manufactured for:

**Pure Encapsulations, Inc.** Sudbury, MA USA  
1-800-753-2277 [www.PureEncapsulations.com](http://www.PureEncapsulations.com)

code: **EFA1**



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