Food supplement with **Omega-3**, **Omega-6** and **Vitamin E**

Heart Function[1]

Omega-3[2]



Omega-6[3]

Oxidative Stress[4]

Vitamin E[4]

4LIFE FUNDAMENTALS™
ESSENTIAL FATTY ACID COMPLEX

(1) Eicosapentaenoic acid and docosahexaenoic acid contribute to the normal function of the heart. The beneficial effect is obtained with a daily intake of 250 mg of EPA and DHA.
(2) Alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).
(3) Gamma linolenic acid (GLA) and conjugated linolenic acid (CLA).
(4) Vitamin E contributes to the protection of cells from oxidative stress.

OMEGA-3 & OMEGA-6

4LIFE FUNDAMENTALS™
ESSENTIAL FATTY ACID COMPLEX



60
SOFGELS

NET WEIGHT:
111,21 g

DIRECTIONS:
Take two (2) capsules a day with 240 ml of fluid, preferably with your main meals.

NUTRITIONAL INFORMATION:
Daily dose: Two (2) sofgels
Daily doses per container: 30

Amount per daily serving		% NRV*
Fish oil	1086,5 mg	-
EPA	300 mg	-
DHA	200 mg	-
Vitamin E	3 mg	25%
Flax Seed oil	265,2 mg	-
Borage Seed Oil	186,7 mg	-
Safflower Seed Oil	157 mg	-

***NRV: Nutrient Reference Values**



• Do you eat oily fish at least twice a week?
• Do you know the importance of essential fatty acids?

Not all fats that we eat in our diet are the same. There are fats composed of essential fatty acids that our body needs and that must be included in our diet.

Our skin, brain, cardiovascular and immune systems need essential fatty acids in order to function correctly.

We do not include sufficient quantities of some of these essential fatty acids in our diet. One example is the omega-3 fatty acids which are found in oily fish and some other foods (linseed, walnuts, etc...).

What does Essential Fatty Acids Complex provide?

- Omega-3 fatty acids (ALA, EPA and DHA) that come from fish oil and omega-6 (GLA and CLA) that comes from flaxseed oil, borage seed oil and safflower seed oil.
- The daily dose provides 500 mg of EPA and DHA, omega-3 fatty acids, which contribute to the **normal function of the heart**.
- Vitamin E contributes to the **protection of cells from oxidative stress**.
- Contains a very pure form of fish oil.

INGREDIENTS:
Fish oil, gelatin, water, glazing agent (glycerol), flax (*linum ussitatissimum*), seed oil, borage (*Borago officinalis*) seed oil, safflower (*Carthamus tinctorius*) seed oil and antioxidant (tocopherol-rich extract).



Warnings: Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet or a healthy lifestyle. KEEP OUT OF THE REACH OF CHILDREN. Store in a cool dry place.

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