



Essential Fatty Acid Complex

Omega-3 and omega-6 oils with CLA to support multiple body systems*

- Features essential omega-3 and omega-6 fatty acids from fish oil, borage seed oil, flaxseed oil, and safflower seed oil
- Promotes overall cardiovascular health and strong cell membranes*
- Supports cardiovascular and circulatory health*
- Includes 1,000 mg of fish oil per serving

What Is Essential Fatty Acid Complex?

Essential Fatty Acid Complex is 4Life's superior source of essential omega-3 and omega-6 fatty acids. This product is made from flaxseed oil, safflower oil, borage seed oil, and fish oil. This well-rounded blend of essential fatty acids (EFAs) contains 1,000 mg of fish oil per serving!

According to the American Heart Association, "Omega-3 fatty acids, particularly EPA and DHA, have been shown to benefit the hearts of healthy people."^{1*}

Key Features

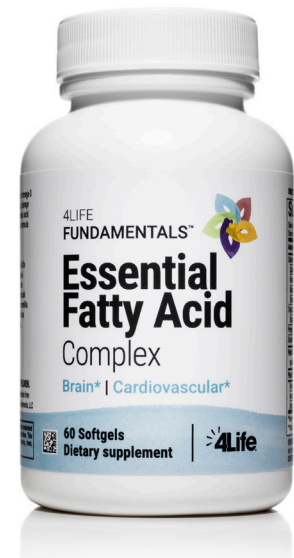
- Includes EFAs to support the cardiovascular and nervous systems and support healthy skin, respiratory function, and proper immune system response*
- Utilizes EFAs from a variety of sources, including DHA and EPA from fish oil, to help ensure a well-rounded formula
- Includes CLA (Conjugated Linoleic Acid) to support cardiovascular and circulatory health*
- Offers GLA (Gamma Linolenic Acid) and ALA (Alpha Linolenic Acid) to provide cardiovascular system support*
- Contains ultra-pure omega-3 fatty acids, combining the highest grade fish oils, which meet or exceed current standards for heavy metals, including mercury and PCBs

Primary Support:

Brain Health*
Heart Health*

Secondary Support:

Weight Management*
Overall Wellness*



DIRECTIONS: Take two (2) softgels twice a day with 8 oz of water.

Supplement Facts

Serving Size: Two (2) Softgels
Servings Per Container: 30

Amount Per Serving	% Daily Value*
Calories	20
Calories from Fat	15
Total Fat	1.5 g 2%*
Saturated Fat	0 g 0%*
Trans Fat	0 g
Total Carbohydrate	0 g 0%*
Total Sugars	0 g
Protein	<1 g 1%*
Sodium	0 mg 0%*
Fish Oil Blend	1000 mg **
(containing 500 mg EPA and DHA)	
Plant Oil Blend	597 mg **
Flax (<i>Linum usitatissimum</i>) seed oil (Alpha Linolenic Acid (ALA))	
Borage (<i>Borago officinalis</i>) seed oil (Gamma Linolenic Acid (GLA))	
Safflower (<i>Carthamus tinctorius</i>) seed oil (Conjugated Linoleic Acid (CLA))	

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

OTHER INGREDIENTS: Gelatin, glycerin, purified water, and mixed tocopherols.
CONTAINS INGREDIENTS FROM SOY AND FISH.

Ordering Information

Item #28095—60 ct/bottle

*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.

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What Does It Take to Get the Same Level of EFAs In Your Diet?²

To get the same levels of daily fish oils (DHA and EPA) found in Essential Fatty Acid Complex, you would have to consume one of the following:

- 24 oz (4 cans) of yellowfin tuna (cooked, dry heat)
- 21 oz (4 fillets) of tilapia (cooked, dry heat)
- 18 oz (4.5 fillets) of Pacific or Atlantic cod (cooked, dry heat)
- 15 oz (2 tails) of northern lobster (cooked, moist heat)
- 4.5 oz (1 fillet) of pink salmon (cooked, dry heat)

To get the same levels of daily plant oils (CLA, GLA, and ALA) found in Essential Fatty Acid Complex, you would have to consume one of the following:

- 7.5 oz (2 patties) of ground turkey (85% lean, broiled)
- 3.5 oz of pine nuts (490 pine nuts)

Why Do We Need EFAs?

We all need fat. Fats help with nutrient absorption, nerve transmission, and maintaining cell membrane integrity and fluidity. However, certain kinds of fats are better for you than others, specifically unsaturated fats as opposed to saturated fats. Saturated fats are only needed in small amounts and you should avoid them where you can.

Unsaturated fats are considered good fats and are the building blocks of vital organs and tissues such as the heart, circulatory system, brain, and skin. These good fats are contained in three families: omega-3, omega-6, and omega-9 oils. Omega-3 and omega-6 oils are not produced by the body, so you must get them through your diet or supplements. These oils are vital to human life, which is why they are called "essential" fatty acids. Many wellness experts rank the importance of EFAs close to that of vitamins and minerals.

Did You Know?

CLA is primarily found in meat and dairy products. The CLA in Essential Fatty Acid Complex is from safflower oil and aids the beneficial nutritional support offered by EFAs.*

1. http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Fish-and-Omega-3-Fatty-Acids_UCM_303248_Article.jsp#.WD3Kv7IrlRY

2. U.S. Department of Agriculture, Agricultural Research Service. 2010. USDA National Nutrient Database for Standard Reference, Release 23. Nutrient Data Laboratory Home Page, <https://ndb.nal.usda.gov/ndb/>

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