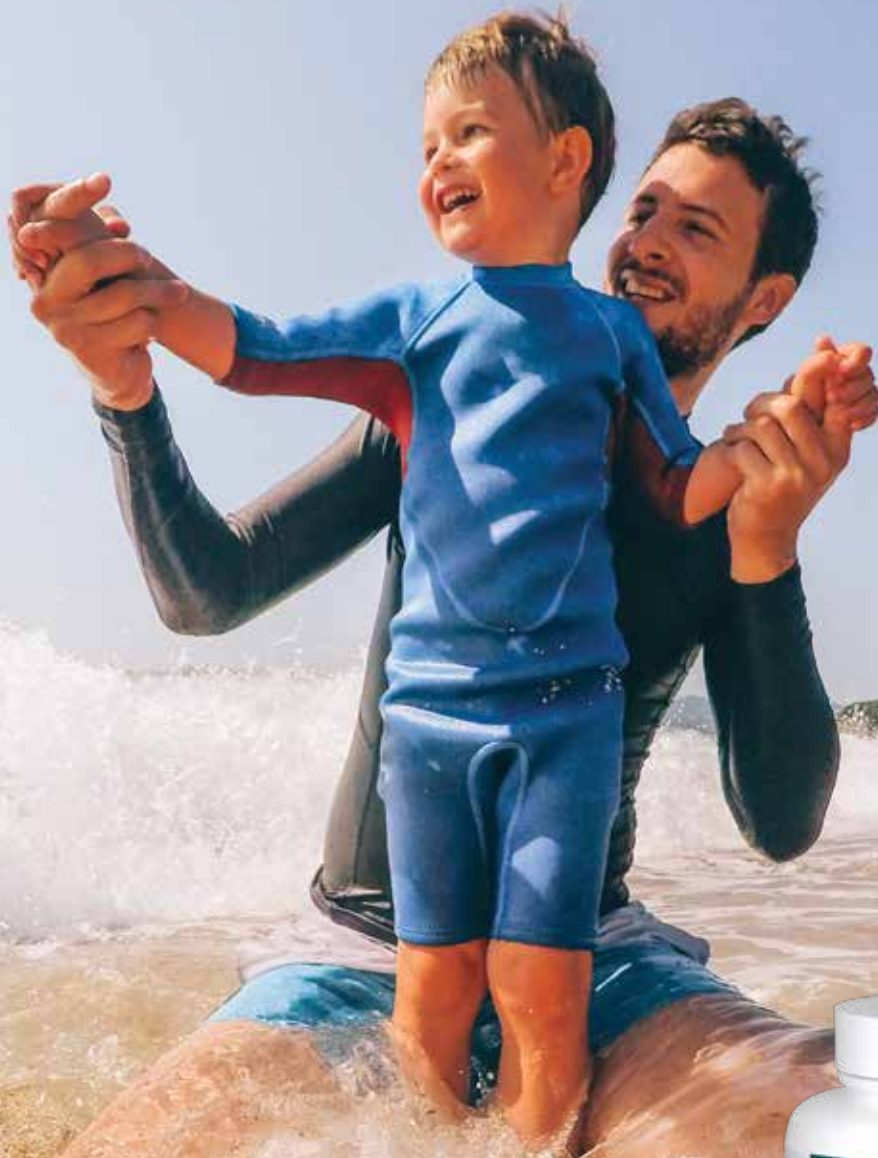




GENESTRA  
BRANDS®



## Essential Fatty Acids Professional Product Guide

CLEAN FORMULAS FOR THE  
ULTIMATE IN PRACTITIONER CARE

Exceptional Quality, Consistency and Reliability





GENESTRA  
BRANDS®

## **Exceptional quality, consistency and reliability**

Genestra Brands® supplements support individualized treatment plans with 350+ professional-grade products offered in a variety of formats. Our products have been proven safe, effective and reliable for over 30 years, and are backed by clinical or traditional evidence.

# Genestra Brands Fish Oil Difference

Dedicated to making a difference – from sourcing to processing, we wish to assist physicians and healthcare practitioners restore, rebuild and maintain patient health.

## Triglyceride Form

NEO-3™ and CRYO-3 processed fish oils contain no ethyl esters (EPA and DHA bound to alcohol molecules) or additional chemical processing. Our other highly concentrated triglyceride fish oils use natural enzymes to reconstitute the triglycerides' structure for optimal absorption.

## Freshness

Natural mixed tocopherols (antioxidants) are added to fish oils to prevent oxidation and maintain stability throughout shelf life.

## Unique DHA/EPA Enrichment Process

The procedure enriches omega-3 yield, preserves triglyceride form, and delivers “cleaner” taste.

## Great Taste

Our fish oil products boast higher compliance with a less oily texture, exceptional freshness, and natural fruit flavors to ensure no fishy smell or aftertaste.

## Independent Batch Testing

Testing procedures surpass international quality standards for: heavy metals (mercury, lead, arsenic, cadmium); pesticides; various chlorinated phenolic products (PCBs); dioxins and furans; and PCDDs and PDCFs.

## Respect for the Environment

No fish are harvested for the sole purpose of producing fish oil – all fish oil sources are by-products of the edible fish industry.

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## Triglycerides vs. Ethyl Esters

### Better performance isn't engineered – it's natural

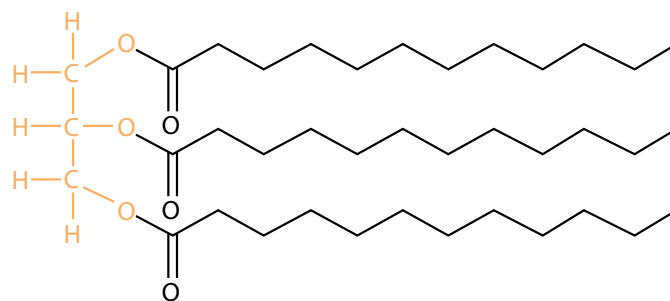
A common fish oil misconception is that EPA and DHA amounts define fish oil effectiveness. While EPA and DHA concentrations are important for maintaining health, what's inside your fish oil counts – and not all fish oils are created equally.

The human body is accustomed to processing the triglyceride form of EPA and DHA found in fish oil. Manufacturing techniques have been developed to increase EPA and DHA concentrations and maximize fish oil yields. Genestra Brands' NEO-3™ and CRYO-3 enrichment processes gently enrich DHA/EPA levels while preserving the triglyceride form.

Many fish oil manufacturers provide concentrated fish oils in ethyl ester form. Ethyl ester fish oils are created by a conversion process in which the glycerol backbone of the triglyceride is removed and replaced by ethanol. Triglyceride-form fish oils have been shown to have superior bioavailability and improved oxidative stability compared to ethyl esters. While researchers continue to debate the effectiveness and potential side effects of ethyl esters, physicians and healthcare practitioners continue to recognize the importance of providing patients with triglycerides for optimal absorption.



A Simple Triglyceride



## Unique DHA/EPA Enrichment Processes

### The power to enrich, preserve and filter

Genestra Brands uses three different enrichment techniques to concentrate fish oils: Triglyceride, which uses a solvent-free enzymatic process to re-convert natural triglyceride fish oils into triglyceride form; NEO-3™, which uses an enzymatic process to concentrate oils; and CRYO-3, which uses a low-temperature fractionation process. These processes gently enrich DHA/EPA levels while preserving the triglyceride form to ensure optimal absorption. The fish oil source and the required characteristics of the resultant concentrate dictate which technique is used in the concentration process.

### Extracts toxic contaminants to virtually undetectable levels

All Genestra Brands fish oils are refined and deodorized to remove heavy metals, pesticides, PCBs, dioxin-like PCBs, dioxins and furans (PCDDs/PCDFs), and carefully processed to avoid oxidation, meeting or exceeding industry standards.

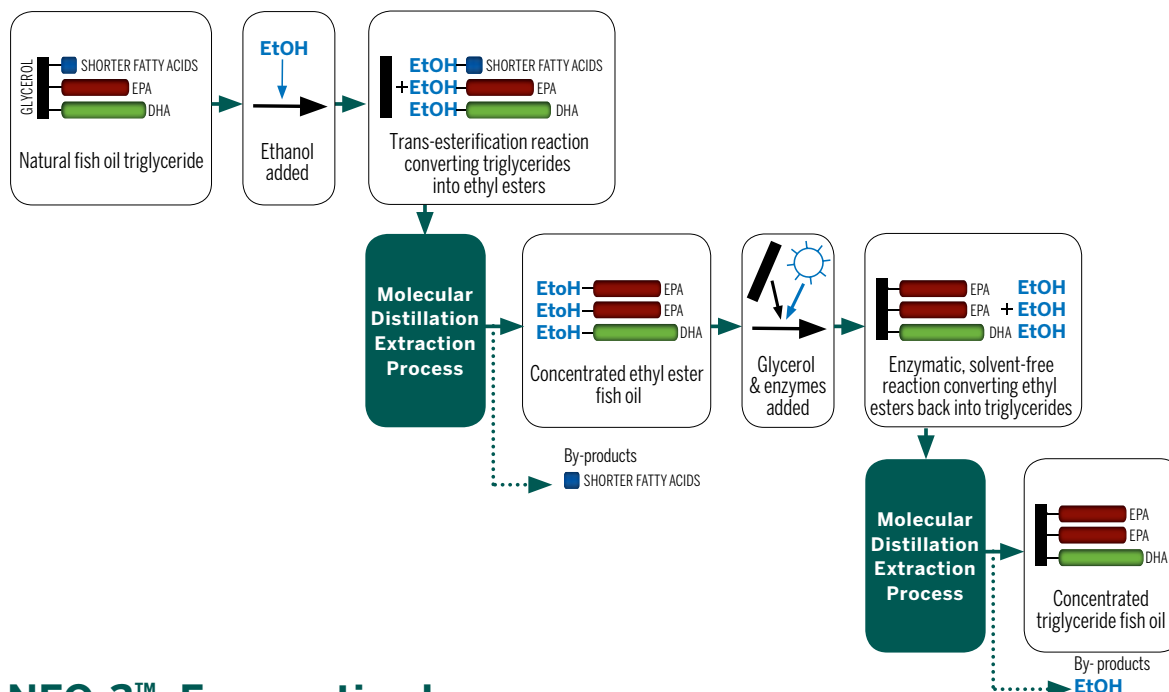
### Delivers cleaner taste

These EPA and DHA enrichment processes deliver a fish oil with a “cleaner” taste: less oily for better mouth-feel and no fishy odor or aftertaste.

## Concentrated Triglyceride Fish Oil

### Exceptional purity, superior triglyceride form

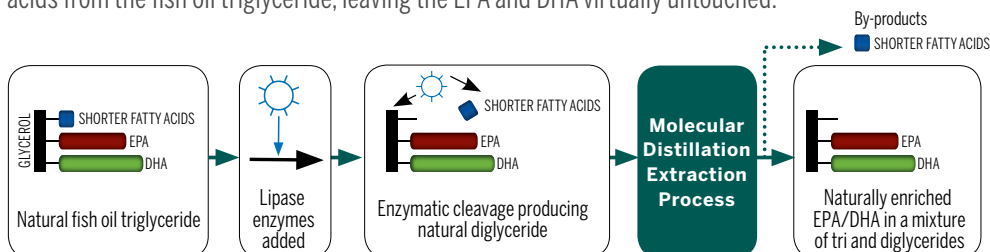
Our concentrated triglyceride fish oils are manufactured using a low-temperature, short-path molecular distillation process in which heat-stress on the oil is minimized. Natural triglyceride fish oils are refined, concentrated, distilled, and re-converted to triglyceride form using a solvent-free enzymatic process. A second molecular distillation step following triglyceride reconstitution along with deodorization ensures an exceptionally pure and fresh concentrated triglyceride fish oil.



## NEO-3™: Enzymatic cleavage

### Power of natural digestive enzymes

Mimicking the first stages of normal digestion, NEO-3™ is an enzymatic process that gently concentrates levels of EPA and DHA. The process utilizes natural lipase enzymes (free of alcohol or chemicals), which selectively remove shorter-chain fatty acids from the fish oil triglyceride, leaving the EPA and DHA virtually untouched.



## CRYO-3: Fractional super-cooling

### Strength of nature's cold grip

As saturated fatty acids have a higher freezing point than unsaturated fatty acids such as EPA and DHA, triglycerides that contain a high proportion of saturated fatty acids begin to solidify when subjected to the cold. In the CRYO-3 process, the fish oil is gradually taken to very low temperatures, enabling accurate fractional crystallization or "precipitation" of these triglycerides that carry high levels of saturated fatty acids. Once fractions have been separated, the resulting product boasts a higher amount of EPA and DHA.

## Every Batch Independently Tested

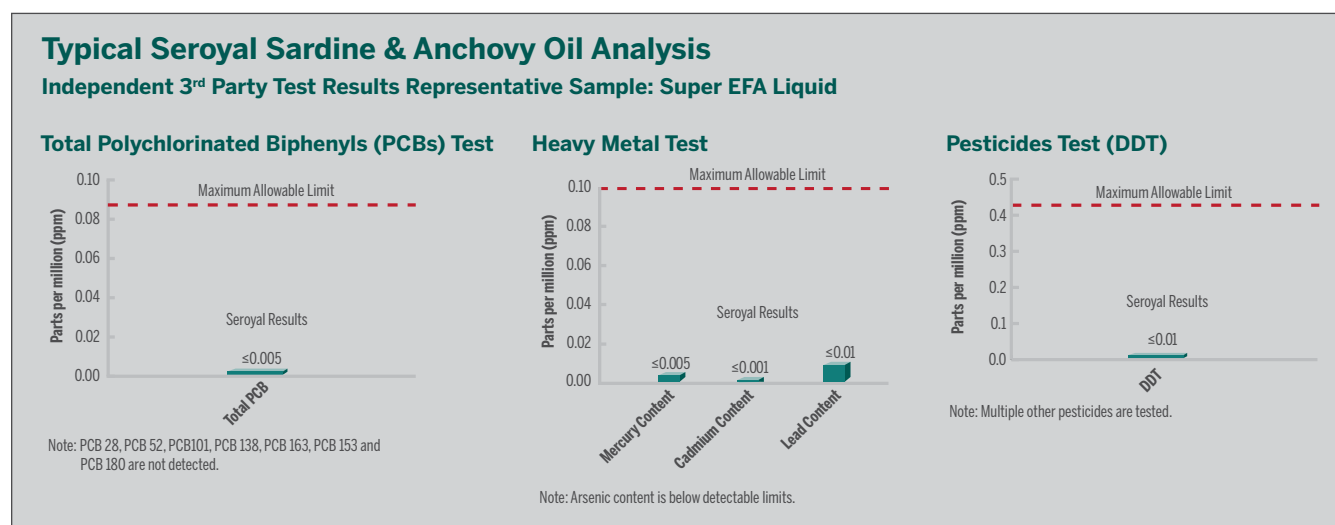
### Transparency = Proven purity and potency

Increased water pollution in oceans, seas and rivers has led to an accumulation of toxins in fish; as such, any oils extracted may carry these contaminants. Every batch of fish oil is independently tested by third-party, government-approved and/or accredited independent laboratories. This validates the quality, stability, potency and purity of the products from manufacturing to preparation, bottling and storage – to ensure contents meet label claims. These testing laboratories employ the most precise equipment and analytical methods available in the market to validate the safety and efficacy of our products.

We hold our products to the highest standards of quality, with the most sensitive testing protocols and detection parameters in parts per million, billion and trillion, thus meeting or exceeding international standards, including Council for Responsible Nutrition (CRN), European Pharmacopeia (EP), US Pharmacopeia (USP), and Health Canada and FDA regulations.

### Every batch of fish oil is tested for:

- Environmental contaminants (Dioxins, furans, dioxin-like PCBs, PCBs and heavy metals)
- Oxidation and rancidity
- Microbial contaminants



## Great taste

### Flavorful sensations make the difference

Genestra Brands fish oils deliver products with a cleaner taste. Triglyceride oils including our NEO-3™ and CRYO-3 enriched products offers better mouth-feel and reduced odor or aftertaste.

## Freshness

### Maximum oxidation resistance and extended shelf life

EPA and DHA are long-chain fatty acids, highly unsaturated and prone to rapid “oxidation” or rancidity if fish oil is exposed to air over extended periods of time. The antioxidant system is a formulation of natural mixed tocopherols (antioxidants) added to fish oils to protect against oxidation; enhance product freshness and stability, and maintain a great clean taste throughout the entire shelf life of the product.

## Respect for the environment

Proper safeguards are taken to protect the environment. No fish are harvested for the sole purpose of producing fish oil – all fish oil sources are by-products of the edible fish industry, maximizing the full use of harvested fish. These harvested fish come from fishery partners used by the edible fish industry.

# Fish Oil & Phospholipid Product Overview

## Why supplement with fish oils?

Fish oil is sourced from salmon, mackerel, sardines, herring, cod, tuna and anchovies. Krill oil is sourced from the 85 species that represent the planet's most abundant animal biomass. Fish oils are a good source of the omega-3 fatty acids EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), and are essential for good health. Since the body may not produce or is unable to make sufficient quantities, it must be obtained through diet or additional supplementation. The potential for marine oil effectiveness is reflected by the amounts and ratios of EPA and DHA.

## Omega-3s

### EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid)

#### **Helps support cognitive health and/or brain function.<sup>‡</sup>**

100-5,000 mg EPA + DHA, including at least 100 mg DHA per day.

#### **Helps support the development of the brain, eyes and nerves in children.<sup>‡</sup>**

150-2,000 mg EPA + DHA, including at least 150 mg DHA per day.

#### **Helps maintain/support cardiovascular health.<sup>‡</sup>**

200-5,000 mg EPA + DHA per day, containing an EPA:DHA ratio of between 0.5:1 and 2:1.

#### **Helps support healthy lipid metabolism.<sup>‡</sup>**

1,000-5,000 mg EPA + DHA per day, containing an EPA:DHA ratio of between 0.5:1 and 2:1.

#### **Helps promote healthy mood balance.<sup>‡</sup>**

1,500-5,000 mg EPA + DHA, including at least 1,000 mg EPA per day, containing an EPA:DHA ratio of between 1.75:1 and 2:1.



# Fish Oil and Phospholipid Comparison Chart

PRODUCT	DHA/EPA PER CAPSULE	PROCESS	BENEFITS
<b>CAPSULES</b>			
<b>Cod Liver Oil DHA/EPA Forte Capsules</b> 60 softgels	126 mg of DHA 102 mg of EPA	CRYO-3	Fortified with vitamins A & D
<b>DHA Pediaburst</b> 180 chewable softgels	65 mg of DHA 15 mg of EPA	NEO-3™	Great for children Easy-to-chew softgels Natural orange flavor
<b>Krill Oil</b> 60 capsules	75 mg of EPA 33 mg of DHA	Phospholipid	Complementary source of marine omega-3 Includes phospholipids
<b>Multi EFA Capsules</b> 90 softgels	120 mg of EPA 80 mg of DHA	Triglyceride	Fish, flax seed and borage oil combination
<b>Omega 800</b> 60 softgels	525 mg of EPA 275 mg of DHA	Triglyceride	High triglyceride formula
<b>Phos Choline</b> 90 softgels			720 mg of phosphatides
<b>Phosphatidylserine</b> 30 vegetarian capsules			150 mg of phosphatidylserine suitable for vegetarians and vegans
<b>SEP EFA</b> 90 softgels	180 mg of EPA 120 mg of DHA	Triglyceride	Daily maintenance
<b>Super EFA Capsules</b> 120 softgels	262 mg of EPA 187.5 mg of DHA	NEO-3™	High dose EPA
<b>Super EFA Forte Capsules</b> 60 softgels	475 mg of EPA 325 mg of DHA	Triglyceride	High triglyceride formula
<b>Super EFA Forte Capsules + D</b> 60 softgels	475 mg of EPA 325 mg of DHA	Triglyceride	High triglyceride formula Includes 1,000 IU of vitamin D

PRODUCT	DHA/EPA PER TEASPOON	PROCESS	BENEFITS
<b>LIQUIDS</b>			
<b>Berry DHA</b> 225 mL	300 mg of DHA 148 mg of EPA	NEO-3™ WisDOM-3™**	Emulsified with fruit puree Great for children
<b>Berry EFA Plus</b> 300 mL	250 mg of EPA 187.5 mg of DHA	NEO-3™ WisDOM-3™**	Emulsified with fruit puree
<b>Cod Liver Oil Forte</b> 300 mL 500 mL	466 mg of DHA 377 mg of EPA	Triglyceride	Natural citrus flavor Fortified with vitamins A & D
<b>Omega EFA Liquid</b> 150 mL	1,915 mg of EPA 1,005 mg of DHA	Triglyceride	High triglyceride formula Natural orange flavor
<b>Super DHA Liquid</b> 150 mL	1,200 mg of DHA 260 mg of EPA	NEO-3™	Highly concentrated DHA Natural orange flavor
<b>Super EFA Forte Liquid</b> 200 mL 500 mL	1,500 mg of EPA 1,000 mg of DHA	Triglyceride	High triglyceride formula Natural orange flavor
<b>Super EFA Forte Liquid + D</b> 200 mL 500 mL	1,500 mg of EPA 1,000 mg of DHA	Triglyceride	High triglyceride formula Natural orange flavor Includes 1,000 IU of vitamin D
<b>Super EFA Liquid</b> 200 mL (orange or strawberry) 500 mL (orange)	950 mg of EPA 725 mg of DHA	NEO-3™	High dose EPA Natural orange or strawberry flavor
<b>Super EFA Liquid Plus</b> 225 mL	700 mg of EPA 525 mg of DHA	NEO-3™	High dose EPA Includes plant sterols
<b>Super EFA Liquid Plus CoQ<sub>10</sub></b> 200 mL	930 mg of EPA 710 mg of DHA	NEO-3™	High dose EPA Includes 50 mg of coenzyme Q <sub>10</sub>
<b>Super EFA Liquid Plus D</b> 200 mL	950 mg of EPA 725 mg of DHA	NEO-3™	High dose EPA Includes 1000 IU of vitamin D

\*\*WisDOM-3™ explanation on page 16

## Super EFA Capsules

**Supports cardiovascular health and cognitive function with an EPA:DHA ratio of 1.4:1<sup>‡</sup>**

- Supports healthy lipid metabolism<sup>‡</sup>
- Promotes cardiovascular health in adults<sup>‡</sup>
- Supports cognitive health<sup>‡</sup>
- Utilizes the proprietary NEO-3™ processing technique to enrich EPA and DHA
- Provides 524 mg of EPA and 375 mg of DHA per serving

Super EFA Capsules contain a mixture of sardine and anchovy fish oils provided in an EPA:DHA ratio of 1.4:1, which helps to support healthy lipid metabolism. Research indicates that fish oil supplementation providing DHA may support brain health and cognitive function.<sup>‡</sup>

### SUPPLEMENT FACTS

Serving Size 2 Softgels  
Servings per Container 60

AMOUNT PER SERVING		% DV
Calories	20	
Total Fat	2.5 g	3% ^
Cholesterol	25 mg	8%
Fish Oil (Anchovy and Sardine)	2,332.8 mg	*
Yielding		
EPA (Eicosapentaenoic Acid)	524 mg	*
DHA (Docosahexaenoic Acid)	375 mg	*
Total Omega-3 Fatty Acids	1,124 mg	*

\* Daily Value (DV) not established

^ Percent Daily Values (DV) are based on a 2,000 calorie diet

Other ingredients: Capsule (fish gelatin [tilapia], glycerin, water), sweet orange oil, mixed tocopherols concentrate

Contains: Fish (Anchovy, Sardine, Tilapia)

### Recommended Dose

Adults and Adolescents (12 years and older): Take 2 softgels 2 times daily with meals or as recommended by your health professional.

### Size

120 Softgels

### Product Code

10406



## Cod Liver Oil DHA/EPA Forte Capsules

**Cod liver oil formula with vitamins A and D**

- Provides 126 mg of DHA and 102 mg of EPA per daily dose
- Includes 720 IU of vitamin A and 500 IU of vitamin D per daily dose
- Helps support cognitive health and brain function<sup>‡</sup>
- Helps to maintain eyesight and night vision<sup>‡</sup>
- Promotes skin health and immune function<sup>‡</sup>
- Aids in the maintenance of healthy bones and teeth<sup>‡</sup>

Cod Liver Oil DHA/EPA Forte Capsules contain an effective blend of DHA, EPA, and vitamins A and D that promotes optimal health. Vitamin A promotes good vision and immune system function, and helps to maintain the integrity of the intestinal epithelial barrier. Vitamin D helps the body to absorb and utilize calcium and phosphorus, which are required for normal bone mineralization. DHA and EPA support cognitive health and brain function, and have been associated with neuron activity in the hippocampus, a region of the brain associated with memory.<sup>‡</sup>

### SUPPLEMENT FACTS

Serving Size 1 Softgel  
Servings per Container 60

AMOUNT PER SERVING		% DV
Calories	15	
Total Fat	1 g	1% ^
Monounsaturated Fat	0.5 g	*
Cholesterol	<5 mg	2%
Vitamin A (as vitamin A palmitate/cod liver oil)	216 mcg	24%
Vitamin D (as cholecalciferol/cod liver oil)	12.5 mcg (500 IU)	63%
Cod Liver Oil		
(from Atlantic cod, <i>Gadus morhua</i> and other species of Gadidae)	1,200 mg	*
Yielding		
DHA (Docosahexaenoic Acid)	126 mg	*
EPA (Eicosapentaenoic Acid)	102 mg	*
Total Omega-3 Fatty Acids	300 mg	*

\* Daily Value (DV) not established

^ Percent Daily Values (DV) are based on a 2,000 calorie diet

Other ingredients: Capsule (fish gelatin [tilapia], glycerin, purified water), natural lemon and sweet orange oils, mixed tocopherols concentrate

Contains: Fish (Cod, Tilapia)

### Recommended Dose

Adults and Adolescents (12 years and older): Take 1 softgel daily with a meal or as recommended by your health professional.

### Size

60 Softgels

### Product Code

10433



# Cod Liver Oil Forte

Natural Citrus Flavor

Cod liver oil formula with vitamins A and D

- Supports cognitive function and brain and nerve development in children up to 12 years of age<sup>‡</sup>
- Supports healthy bones, teeth, eyes and skin<sup>‡</sup>
- Provides 466 mg of DHA and 377 mg of EPA per teaspoon
- Provides 2,667 IU of vitamin A and 300 IU of vitamin D per teaspoon
- Comes in a delicious natural citrus flavor

Cod liver oil is a source of omega-3 fatty acids, which promote ocular development, visual acuity, and pre- and postnatal brain development. Cod liver oil contains high levels of vitamins A and D, which support healthy bones, teeth, and skin. Vitamin A promotes eye health and supports proper bone growth and development. Recent research indicates that 600 IU of vitamin D per day may promote optimal bone health in both adolescents and adults.<sup>‡</sup>

SUPPLEMENT FACTS

Serving Size 1-3 years: ½ Teaspoon (2.5 mL); 4+ years: Teaspoon (5 mL)  
Servings per Container 1-3 years: about 120 or 200; 4+ years: about 60 or 100

	AMOUNT PER TEASPOON	% DV FOR ADULTS AND CHILDREN 4+ YEARS (1 TEASPOON)	AMOUNT PER ½ TEASPOON	% DV FOR CHILDREN 1-3 YEARS (½ TEASPOON)
Calories	40		20	
Total Fat	4.5 g	6% ^	2 g	6% ^^
Saturated Fat	1 g	5% ^	0.5 g	5% ^^
Cholesterol	25 mg	8%	15 mg	4%
Vitamin A				
(as vitamin A palmitate/ cod liver oil)	800 mcg	89%	400 mcg	133%
Vitamin D				
(as cholecalciferol/ cod liver oil)	7.5 mcg (300 IU)	38%	3.75 mcg (150 IU)	25%
Cod Liver Oil	4,440 mg	*	2,220 mg	*
Yielding				
DHA (Docosahexaenoic acid)	466 mg	*	233 mg	*
EPA (Eicosapentaenoic acid)	377 mg	*	188.5 mg	*
Total Omega-3 Fatty Acids	1,110 mg	*	555 mg	*

\* Daily Value (DV) not established

^ Percent Daily Values (DV) are based on a 2,000 calorie diet

^^ Percent Daily Values (DV) are based on a 1,000 calorie diet

Other ingredients: Natural lemon oil, natural orange oil, natural mixed tocopherols  
Contains: Fish (Cod)

Recommended Dose

Adults and Children (4 years and older): Take 1 teaspoon daily with a meal or as recommended by your health professional. Children (1 - 3 years): Take ½ teaspoon daily with a meal or as recommended by your health professional.

Size

10.1 fl oz (300 mL)  
16.9 fl oz (500 mL)

Product Code

10428  
10428500



# DHA Pediaburst

Natural Orange Flavor

GREAT FOR CHILDREN

Delicious chewable softgels with a 4.3:1 ratio of DHA to EPA

- Supports the development of the brain, eyes, and nerves in children<sup>‡</sup>
- Promotes optimal cognitive health and brain function<sup>‡</sup>
- Provides 260 mg of DHA and 60 mg of EPA per day
- Delivers a clean, naturally sweetened orange flavor with no fishy aftertaste or odor

DHA Pediaburst is a chewable softgel supplement that is suitable for children ages four and older. It provides a great alternative for children that have difficulty swallowing capsules. Studies indicate that daily dosages of 150 mg or more of DHA may help promote healthy development of the brain, eyes, and nerve tissue in children up to 12 years of age. Research suggests that supplementation of 100 mg/ day of DHA helps to support cognitive health and brain function.<sup>‡</sup>

SUPPLEMENT FACTS

Serving Size 2 Chewable Softgels  
Servings per Container 90

AMOUNT PER SERVING	% DV
Calories	5
Cholesterol	10 mg 3%
Vitamin E (d-alpha tocopherol)	3 mg 22%
Fish Oil (from Tuna)	500 mg *
Yielding	
DHA (Docosahexaenoic Acid)	130 mg *
EPA (Eicosapentaenoic Acid)	30 mg *

\*Daily Value (DV) not established

Other ingredients: Bovine gelatin, glycerin, natural flavors, purified water, potato starch (non-GMO), sunflower lecithin, stevia leaf extract, annatto extract  
Contains: Fish (Tuna)

Recommended Dose

Adults and Children (4 years and older): Chew 2 softgels 2 times daily with meals or as recommended by your health professional.

Size

180 Chewable Softgels

Product Code

10553



## Multi EFA Capsules

### Fish, flax and borage seed oil combination

- Supports the brain, eyes, and nerves in adolescents and adults<sup>‡</sup>
- Supports cardiovascular health and cognitive function<sup>‡</sup>
- Supports skin health and hydration<sup>‡</sup>
- Provides 3,445 total mg of EFA per daily dose, including:
  - omega-3: 1,648 mg of EPA, DHA and ALA
  - omega-6: 1,137 mg of LA and GLA

Multi EFA Capsules contain a unique blend of fish, flax and borage seed oils. Fish oils provide omega-3 fatty acids that support brain, eye and cardiovascular health. DHA is the most abundant omega-3 fatty acid in the brain, and it provides support for cognitive and ocular health. Supplementation with fish oils may support neural functioning in the hippocampus, a region of the brain associated with memory. Flax and borage seed oils provide essential fatty acids (EFA), including ALA, LA, and GLA, that further maintain optimal health. EFA, especially LA and GLA, promote skin health by supporting epithelial cell function, maintaining the integrity of the epidermal barrier, and helping maintain water and electrolytes in the skin. LA accounts for approximately 12% of the total fatty acid content of the skin.<sup>‡</sup>

#### SUPPLEMENT FACTS

Serving Size 2 Softgels  
Servings per Container 45

AMOUNT PER SERVING		% DV
Calories	25	
Total Fat	2.5 g	3% ^
Cholesterol	5 mg	2%
Protein	< 1 g	1% ^
Δ Fish Oil (from Anchovy and Sardine)	800 mg	*
Δ Flax ( <i>Linum usitatissimum</i> ) Seed Oil	800 mg	*
Δ Borage ( <i>Borago officinalis</i> ) Seed Oil	800 mg	*
Δ Yielding		
EPA (Eicosapentaenoic Acid)	240 mg	*
DHA (Docosahexaenoic Acid)	160 mg	*
ALA (Alpha-Linolenic Acid)	424 mg	*
GLA (Gamma-Linolenic Acid)	152 mg	*
LA (Linoleic Acid)	416.6 mg	*
OA (Oleic Acid)	330 mg	*

\* Daily Value (DV) not established

^ Percent Daily Values (DV) are based on a 2,000 calorie diet

Other ingredients: Capsule (gelatin, glycerin, purified water), natural mixed tocopherols  
Contains: Fish

#### Recommended Dose

Adults and Adolescents (12 years and older): Take 2 softgels 2 times daily with meals or as recommended by your health professional.

#### Size

90 Softgels

#### Product Code

10430



## Omega 800

### 800 mg of EFA per softgel

- Provides 525 mg of EPA and 275 mg of DHA per softgel
- Supports cognitive health and brain function<sup>‡</sup>
- Promotes cardiovascular health<sup>‡</sup>
- Supports healthy serum triglyceride levels already in the normal range<sup>‡</sup>
- Promotes a healthy mood balance<sup>‡</sup>

Omega 800 contains a unique mixture of anchovy and sardine oils with an EPA:DHA ratio of 1.9:1. This ratio is sometimes recommended for maintaining cardiovascular health and promoting a healthy mood balance. In a placebo-controlled clinical trial conducted on 68 healthy medical students, fish oil supplementation for 12 weeks promoted a healthy mood and supported cardiovascular health.<sup>‡</sup>

#### SUPPLEMENT FACTS

Serving Size 1 Softgels  
Servings per Container 60

AMOUNT PER SERVING		% DV
Calories	15	
Total Fat	1.5 g	2% ^
Cholesterol	5 mg	2%
Fish Oil (from Anchovy, Sardine and Mackerel)	1,250 mg	*
Yielding		
EPA (Eicosapentaenoic Acid)	525 mg	*
DHA (Docosahexaenoic Acid)	275 mg	*

\* Daily Value (DV) not established

^ Percent Daily Values (DV) are based on a 2,000 calorie diet

Other ingredients: Fish gelatin (tilapia and basa), glycerin, purified water, natural orange flavor, natural mixed tocopherols  
Contains: Fish (Anchovy, Sardine, Mackerel)

#### Recommended Dose

Adults and Adolescents (12 years and older): Take 1 softgel 2 times daily or as recommended by your health professional.

#### Size

60 Softgels

#### Product Code

10464



# Omega EFA Liquid

Natural Orange Flavor

Promotes mood health and supports healthy joints<sup>‡</sup>

- May help to promote healthy mood balance in adults<sup>‡</sup>
- May help support joint health in adults<sup>‡</sup>
- Helps to maintain healthy serum triglyceride levels already in the normal range<sup>‡</sup>
- Promotes cardiovascular health in adults<sup>‡</sup>
- Provides 1,915 mg of EPA and 1,005 mg of DHA per teaspoon
- Comes in a delicious natural orange flavor

Omega EFA Liquid is our most concentrated liquid EFA product, providing 1,915 mg of EPA and 1,005 mg of DHA per serving. Recent research suggests that this dosage and EPA:DHA ratio may help to promote a healthy mood in adults. Essential fatty acids may also provide other health benefits, such as promoting joint health and maintaining cardiovascular health.<sup>‡</sup>

SUPPLEMENT FACTS

Serving Size 1-18 years: ½ Teaspoon (2.5 mL); 19+ years: 1 Teaspoon (5 mL)  
Servings per Container 1-18 years: about 60; 19+ years: about 30

	AMOUNT PER TSP	% DV FOR ADULTS 19+ YEARS (1 TSP)	AMOUNT PER ½ TSP	% DV FOR CHILDREN AND ADOLESCENTS 4-18 YEARS (½ TSP)	% DV FOR CHILDREN 1-3 YEARS (½ TSP)
Calories	40		20		
Total Fat	4.5 g	6 ^	2.5 g	3% ^	6% ^^
Saturated Fat	0 g	0% ^	0 g	0% ^	0% ^^
Cholesterol	<5 mg	2%	<5 mg	<1%	1%
Fish Oil (from Anchovy)	4,569 mg	*	2,284.5 mg	*	*
Yielding					
EPA (Eicosapentaenoic Acid)	1,915 mg	*	957.5 mg	*	*
DHA (Docosahexaenoic Acid)	1,005 mg	*	502.5 mg	*	*
Total Omega-3 Fatty Acids	3,425 mg	*	1,712.5 mg	*	*

\* Daily Value (DV) not established

^ Percent Daily Values (DV) are based on a 2,000 calorie diet

^^ Percent Daily Values (DV) are based on a 1,000 calorie diet

Other ingredients: Orange oil, natural mixed tocopherols

Contains: Fish (Anchovy)

Recommended Dose

Adults (19 years and older): Take 1 teaspoon daily with a meal or as recommended by your health professional. Children and Adolescents (1-18 years): Take ½ teaspoon daily with a meal or as recommended by your health professional.

Size

5.1 fl oz (150 mL)

Product Code

10469



# SEP EFA

EPA and DHA to support cardiovascular and brain health<sup>‡</sup>

- Supports healthy lipid metabolism<sup>‡</sup>
- Promotes cardiovascular health<sup>‡</sup>
- Supports brain health and cognitive function<sup>‡</sup>
- Provides 1,080 mg of EPA and 720 mg DHA per daily dose

SEP EFA is a blend of the omega-3 fatty acids EPA and DHA, which help to support optimal cardiovascular health. Research indicates that EPA and DHA help maintain already healthy triglyceride levels by altering fatty acid metabolism. This in turn supports healthy levels of very-low-density lipoprotein (VLDL), which transports lipids throughout the body. In a randomized, double-blind, placebo-controlled trial, three weeks of daily supplementation with 1.4 g of combined EPA and DHA supported healthy lipid metabolism. DHA is also the most abundant omega-3 fatty acid in the brain. Supplementation with fish oils has been associated with the maintenance of healthy neuronal and cognitive functioning. In a recent trial, daily supplementation with 1.75 g of DHA and EPA for 12 months promoted cognitive health.<sup>‡</sup>

SUPPLEMENT FACTS

Serving Size 2 Softgels  
Servings per Container 45

AMOUNT PER SERVING	% DV
Calories	20
Total Fat	2 g 3% ^
Saturated Fat	0.5 g 3% ^
Polyunsaturated Fat	1 g *
Monounsaturated Fat	0.5 g *
Cholesterol	15 mg 5%
Protein	<1 g 1% ^
Fish Oil (from Anchovy, Sardine and Salmon)	2,100 mg *
Yielding	
EPA (Eicosapentaenoic Acid)	360 mg *
DHA (Docosahexaenoic Acid)	240 mg *

\* Daily Value (DV) not established

^ Percent Daily Values (DV) are based on a 2,000 calorie diet

Other ingredients: Capsule (gelatin, glycerin, purified water), alpha tocopherol

Contains: Fish

Recommended Dose

Adults and Adolescents (12 years and older): Take 2 softgels 3 times daily with meals or as recommended by your health professional.

Size

90 Softgels

Product Code

10403



## Super DHA Liquid

### Natural Orange Flavor

#### Supports healthy brain function with a 4.6:1 ratio of DHA to EPA<sup>‡</sup>

- Provides 1,200 mg of DHA and 260 mg EPA per teaspoon
- Supports brain health and cognitive function<sup>‡</sup>
- Utilizes NEO-3™ EPA and DHA enrichment
- Has a delicious natural orange flavor

DHA is the primary omega-3 polyunsaturated fatty acid in the brain. DHA helps to support normal neural membrane function and promotes healthy cognition. In a randomized, placebo-controlled clinical trial conducted on 176 healthy young adults, six months of daily supplementation with 1,160 mg of DHA supported cognitive function, including working memory and reaction time.<sup>‡</sup>

#### SUPPLEMENT FACTS

Serving Size 1 Teaspoon (5 mL)  
Servings per Container about 30

	AMOUNT PER TEASPOON	% DV FOR ADULTS & CHILDREN 4+ YEARS	% DV FOR CHILDREN 1-3 YEARS
Calories	45		
Total Fat	5 g	6% ^	13% ^^
Saturated Fat	0.5 g	3% ^	5% ^^
Cholesterol	90 mg	30%	30%
Fish Oil (from Tuna)	4,383 mg	*	*
Yielding			
EPA (Eicosapentaenoic Acid)	260 mg	*	*
DHA (Docosahexaenoic Acid)	1,200 mg	*	*
Total Omega-3 Fatty Acids	1,800 mg	*	*

\* Daily Value (DV) not established

^ Percent Daily Values (DV) are based on a 2,000 calorie diet

^^ Percent Daily values (DV) are based on a 1,000 calorie diet

Other ingredients: Orange oil, natural mixed tocopherols

Contains: Fish (Tuna)

#### Recommended Dose

Adults and Children (1 year and older): Take 1 teaspoon daily with a meal or as recommended by your health professional.

#### Size

5 fl oz (150 mL)

#### Product Code

10446



## Super EFA Liquid

### Natural Orange Flavor

#### 950 mg of EPA and 725 mg of DHA per teaspoon

- Helps maintain cardiovascular health<sup>‡</sup>
- Supports healthy lipid metabolism<sup>‡</sup>
- Supports brain health and cognitive function<sup>‡</sup>
- Supports the development of the brain, eyes and nerves in children<sup>‡</sup>
- Utilizes the proprietary NEO-3™ process to concentrate EPA/DHA triglyceride forms
- Comes in a delicious natural orange flavor

Super EFA Liquid provides 950 mg of EPA and 725 mg of DHA per serving. It has an EPA:DHA ratio of 1.3:1, and helps to support healthy lipid metabolism and cardiovascular health. In a placebo-controlled clinical trial of 312 healthy adults, daily supplementation with 1,800 mg of EPA and DHA (in a 1.5:1 ratio) for one year supported healthy lipid levels. Super EFA liquid provides 1,675 mg of combined EPA and DHA per teaspoon. Essential fatty acids have many other health benefits, including supporting brain health and cognitive function.<sup>‡</sup>

#### SUPPLEMENT FACTS

Serving Size 1-8 years: ½ Teaspoon (2.5 mL); 9+ years: 1 Teaspoon (5 mL)  
Servings per Container 1-8 years: about 80 or 200; 9+ years: about 40 or 100

	AMOUNT PER TEASPOON	% DV FOR ADULTS AND ADOLESCENTS 9+ YEARS (1 TEASPOON)	AMOUNT PER ½ TEASPOON	% DV FOR CHILDREN 4-8 YEARS (½ TEASPOON)	% DV FOR CHILDREN 1-3 YEARS (½ TEASPOON)
Calories	40		20		
Total Fat	4.5 g	6% ^	2.5 g	3% ^	6% ^^
Saturated Fat	1 g	5% ^	0.5 g	3% ^	5% ^^
Cholesterol	45 mg	15%	25 mg	8%	8%
Fish Oil	4,560 mg	*	2,280 mg	*	*
(from Anchovy and Sardine)					
Yielding					
EPA (Eicosapentaenoic Acid)	950 mg	*	475 mg	*	*
DHA (Docosahexaenoic Acid)	725 mg	*	362.5 mg	*	*
Total Omega-3 Fatty Acids	1,975 mg	*	987.5 mg	*	*

\* Daily Value (DV) not established

^ Percent Daily Values (DV) are based on a 2,000 calorie diet

^^ Percent Daily values (DV) are based on a 1,000 calorie diet

Other ingredients: Orange oil, natural mixed tocopherols

Contains: Fish (Anchovy, Sardine)

#### Recommended Dose

Adults and Adolescents (9 years and older): Take 1 teaspoon daily with a meal or as recommended by your health professional. Children (1-8 years): Take ½ teaspoon daily with a meal or as recommended by your health professional.

#### Size

6.8 fl oz (200 mL)

16.9 fl oz (500 mL)

#### Product Code

10503

10503500



# Super EFA Liquid

Natural Strawberry Flavor

950 mg of EPA and 725 mg of DHA per teaspoon

- Helps maintain cardiovascular health<sup>‡</sup>
- Supports healthy serum triglycerides already in the normal range<sup>‡</sup>
- Supports brain health and cognitive function<sup>‡</sup>
- Supports the development of the brain, eyes, and nerves in children<sup>‡</sup>
- Utilizes the proprietary NEO-3™ process to concentrate EPA/DHA triglyceride forms
- Comes in a delicious natural strawberry flavor

Super EFA Liquid provides 950 mg of EPA and 725 mg of DHA per serving. It has an EPA:DHA ratio of 1.3:1, and helps to support already healthy serum triglyceride levels and optimal cardiovascular health. In a placebo-controlled clinical trial of 312 healthy adults, daily supplementation with 1,800 mg of EPA and DHA (in a 1.5:1 ratio) for one year supported serum triglyceride levels already in normal range. Super EFA liquid provides 1,675 mg of combined EPA and DHA per teaspoon. DHA may assist in the development of brain, eyes, and nerve tissue in children up to 12 years of age. Essential fatty acids have many other health benefits, including supporting brain health and cognitive function.<sup>‡</sup>

SUPPLEMENT FACTS

Serving Size 1-8 years: ½ Teaspoon (2.5 mL); 9+ years: 1 teaspoon (5 mL)  
Servings per Container 1-8 years: about 80; 9+ years: about 40

	AMOUNT PER 1 TEASPOON	% DV FOR ADULTS AND ADOLESCENTS 9+ YEARS (1 TEASPOON)	AMOUNT PER ½ TEASPOON	% DV FOR CHILDREN 4-8 YEARS (½ TEASPOON)	% DV FOR CHILDREN 1-3 YEARS (¼ TEASPOON)
Calories	40		20		
Total Fat	4.5 g	6% ^	2.5 g	3% ^	6% ^^
Saturated Fat	1 g	5% ^	0.5 g	3% ^	5% ^^
Cholesterol	45 mg	15%	25 mg	8%	8%
Fish Oil	4,560 mg	*	2,280 mg	*	*
(from Anchovy and Sardine)					
Yielding					
EPA (Eicosapentaenoic Acid)	950 mg	*	475 mg	*	*
DHA (Docosahexaenoic Acid)	725 mg	*	362.5 mg	*	*
Total Omega-3 Fatty Acids	1,975 mg	*	987.5 mg	*	*

\* Daily Value (DV) not established

^ Percent Daily Values (DV) are based on a 2,000 calorie diet

^^ Percent Daily values (DV) are based on a 1,000 calorie diet

Other ingredients: Natural strawberry and vanilla flavors, natural mixed tocopherol  
Contains: Fish (Anchovy, Sardine)

Recommended Dose

Adults and Adolescents (9 years and older): Take 1 teaspoon daily with a meal or as recommended by your health professional. Children (1-8 years): Take ½ teaspoon daily with a meal or as recommended by your health professional.

Size

6.8 fl oz (200 mL)

Product Code

10482



# Super EFA Liquid Plus

Natural Orange Flavor

Combination of EPA, DHA, and plant sterols

- Helps maintain and support cardiovascular health<sup>‡</sup>
- Supports healthy lipid metabolism<sup>‡</sup>
- Provides 700 mg of EPA and 525 mg of DHA per daily dose
- Provides 325 mg of plant sterol esters per daily dose
- Has a delicious natural orange flavor

Recent research indicates that cardiovascular health may be better supported by diets high in monounsaturated fatty acids, plant sterols, and fish oils than by those high in fish oils alone. EPA, DHA, and plant sterols support healthy fatty acid metabolism. In randomized, placebo-controlled trials, daily supplementation with 1.3-1.4 g of EPA and DHA, in combination with 2-2.5 g of plant sterols, for three to four weeks supported healthy lipid metabolism. Super EFA Liquid Plus provides 1,225 mg of EPA and DHA and 325 mg of plant sterols per serving to help support cardiovascular health.<sup>‡</sup>

SUPPLEMENT FACTS

Serving Size 1 Teaspoon (5 mL)  
Servings per Container about 45

AMOUNT PER SERVING		% DV
Calories	40	
Total Fat	4.5 g	6% ^
Saturated Fat	1 g	4% ^
Cholesterol	50 mg	17% ^
Fish Oil (Sardine and Anchovy)	4137.5 mg *	
Yielding		
EPA (Eicosapentaenoic Acid)	700 mg	*
DHA (Docosahexaenoic Acid)	525 mg	*
Total Omega-3 Fatty Acids	1,600 mg	*
Plant Sterol Esters		
(from Pinus sp. resin/sunflower seed oil)	325 mg	*

\* Daily Value (DV) not established

^ Percent Daily Values (DV) are based on a 2,000 calorie diet

Other ingredients: Organic sweet orange oil, mixed tocopherols concentrate  
Contains: Fish (Sardine, Anchovy)

Recommended Dose

Take 1 teaspoon daily with a meal or as recommended by your health professional. Shake well before each use. Do not drink directly from the bottle.

Size

7.6 fl oz (225 mL)

Product Code

10447



## NEW Super EFA Forte Capsules

Natural Orange Flavor

### Concentrated triglyceride fish oil in a convenient softgel format

- Double-potency formula offering 475 mg of EPA and 325 mg of DHA per softgel
- Helps support cognitive, cardiovascular and joint health<sup>‡</sup>

Super EFA Forte Capsules offer a high-potency fish oil formula providing EPA and DHA in a bioavailable triglyceride form. Each exceptionally pure softgel offers 800 mg of EPA and DHA to support neurological, cardiovascular and joint health. DHA is one of the most important omega-3 fatty acids in the brain, where it helps regulate membrane fluidity, the formation of synapses, and cytokine production. Clinical research has demonstrated that DHA can support cognitive health, including episodic memory and learning in older adults. DHA is also important for the proper development of the brain and retina in young children. EPA and DHA have been found to support cardiovascular health by promoting healthy lipid metabolism, heart rates, and platelet and endothelial function. By regulating immune cell activity and the production of eicosanoids, such as prostaglandins and leukotrienes, these omega-3 fatty acids provide additional support for joint comfort and function.<sup>‡</sup>

#### SUPPLEMENT FACTS

Serving Size 1 Softgel  
Servings per Container 60

AMOUNT PER SERVING		% DV
Calories	15	
Total Fat	1.5 g	2% ^
Cholesterol	<5 mg	1%
Fish Oil (from Anchovy, Sardine and Mackerel)	1,430 mg	*
Yielding		
EPA (Eicosapentaenoic Acid)	475 mg	*
DHA (Docosahexaenoic Acid)	325 mg	*
Total Omega-3	830 mg	*

\* Daily Value (DV) not established

^ Percent Daily Values (DV) are based on a 2,000 calorie diet

Other ingredients: Capsule (bovine gelatin, glycerin, purified water), sweet orange oil, mixed tocopherols concentrate

Contains: Fish (Anchovy, Sardine and Mackerel)

#### Recommended Dose

Take 1 softgel 1-4 times daily or as recommended by your health professional.

Size  
60 Softgels

Product Code  
10393



## NEW Super EFA Forte Capsules + D

Natural Orange Flavor

### Concentrated triglyceride fish oil plus vitamin D in a convenient softgel format

- Double-potency formula offering 475 mg of EPA and 325 mg of DHA per softgel
- Includes 1,000 IU of vitamin D per teaspoon
- Helps support cognitive, cardiovascular, bone and immune health<sup>‡</sup>

Super EFA Forte Capsules + D offer a high-potency fish oil formula providing EPA and DHA in a bioavailable triglyceride form. Each exceptionally pure softgel offers 800 mg of EPA and DHA to support neurological, cardiovascular and joint health. DHA is one of the most important omega-3 fatty acids in the brain, where it helps regulate membrane fluidity, the formation of synapses and cytokine production. Clinical research has demonstrated that DHA can support cognitive health, including episodic memory and learning in older adults. DHA is also important for the proper development of the brain and retina in young children. EPA and DHA have been found to support cardiovascular health by promoting healthy lipid metabolism, heart rates, and platelet and endothelial function. By regulating immune cell activity and the production of eicosanoids, such as prostaglandins and leukotrienes, these omega-3 fatty acids provide additional support for joint comfort and function. Similarly, vitamin D is well-recognized for its beneficial effects in maintaining immune function and bone health.<sup>‡</sup>

#### SUPPLEMENT FACTS

Serving Size 1 Softgel  
Servings per Container 60

AMOUNT PER SERVING		% DV
Calories	15	
Total Fat	1.5 g	2% ^
Cholesterol	<5 mg	1%
Vitamin D (as cholecalciferol)	25 mcg (1,000 IU)	125%
Fish Oil (from Anchovy, Sardine and Mackerel)	1,430 mg	*
Yielding		
EPA (Eicosapentaenoic Acid)	475 mg	*
DHA (Docosahexaenoic Acid)	325 mg	*
Total Omega-3	830 mg	*

\* Daily Value (DV) not established

^ Percent Daily Values (DV) are based on a 2,000 calorie diet

Other ingredients: Capsule (bovine gelatin, glycerin, purified water), sweet orange oil, mixed tocopherols concentrate

Contains: Fish (Anchovy, Sardine and Mackerel)

#### Recommended Dose

Take 1 softgel daily or as recommended by your health professional.

Size  
60 Softgels

Product Code  
10394



**NEW** **Super EFA**  
**Forte Liquid**  
Natural Orange Flavor

**Concentrated triglyceride fish oil in a great-tasting liquid**

- Double-potency formula offering 1,500 mg of EPA and 1,000 mg of DHA per teaspoon
- Helps support cognitive, cardiovascular and joint health†
- Delicious natural orange flavor
- Features an anti-spill pouring spout
- Ideal for those who have difficulty swallowing capsules

Super EFA Forte Liquid is a high-potency fish oil formula offering EPA and DHA in a bioavailable triglyceride form. Each exceptionally pure and clean-tasting teaspoon offers 2,500 mg of EPA and DHA to support neurological, cardiovascular and joint health. DHA is one of the most important omega-3 fatty acids in the brain, where it helps regulate membrane fluidity, the formation of synapses, and cytokine production. Clinical research has demonstrated that DHA can support cognitive health, including episodic memory and learning in older adults. DHA is also important for the proper development of the brain and retina in young children. EPA and DHA have been found to support cardiovascular health by promoting healthy lipid metabolism, heart rates, and platelet and endothelial function. By regulating immune cell activity and the production of eicosanoids, such as prostaglandins and leukotrienes, these omega-3 fatty acids provide additional support for joint comfort and function. Available in a convenient liquid format, Super EFA Forte Liquid is ideal for individuals who may have difficulty or dislike swallowing capsules.‡

**SUPPLEMENT FACTS**

Serving Size 1 Teaspoon (5 mL)  
Servings per Container about 40

AMOUNT PER SERVING		% DV
Calories	40	
Total Fat	4.5 g	6% ^
Cholesterol	15 mg	5%
Fish Oil (from Anchovy, Sardine and Mackerel)	4,500 mg	*
Yielding		
EPA (Eicosapentaenoic Acid)	1,500 mg	*
DHA (Docosahexaenoic Acid)	1,000 mg	*
Total Omega-3	2,600 mg	*

\* Daily Value (DV) not established

^ Percent Daily Values (DV) are based on a 2,000 calorie diet

Other ingredients: Sweet orange oil, rosemary leaf extract, mixed tocopherols concentrate  
Contains: Fish (Anchovy, Sardine and Mackerel)

**Recommended Dose**

Take 1 teaspoon 1-2 times daily or as recommended by your health professional. Do not drink directly from the bottle.

**Size**

6.8 fl oz (200 mL)  
16.9 fl oz (500 mL)

**Product Code**

10391  
10391-500



**NEW** **Super EFA Forte**  
**Liquid + D**  
Natural Orange Flavor

**Concentrated triglyceride fish oil plus vitamin D in a great-tasting liquid**

- Double-potency formula offering 1,500 mg of EPA and 1,000 mg of DHA per teaspoon
- Includes 1,000 IU of vitamin D per teaspoon
- Helps support cardiovascular, cognitive, bone and immune health†
- Delicious natural orange flavor
- Features an anti-spill pouring spout
- Ideal for those who have difficulty swallowing capsules

Super EFA Forte Liquid + D is a high-potency fish oil formula offering EPA and DHA in a bioavailable triglyceride form. Each exceptionally pure and clean-tasting teaspoon offers 2,500 mg of EPA and DHA to support neurological, cardiovascular and joint health. DHA is one of the most important omega-3 fatty acids in the brain, where it helps regulate membrane fluidity, the formation of synapses, and cytokine production. Clinical research has demonstrated that DHA can support cognitive health, including episodic memory and learning in older adults. DHA is also important for the proper development of the brain and retina in young children. EPA and DHA have been found to support cardiovascular health by promoting healthy lipid metabolism, heart rates, and platelet and endothelial function. By regulating immune cell activity and the production of eicosanoids, such as prostaglandins and leukotrienes, these omega-3 fatty acids provide additional support for joint comfort and function. Similarly, vitamin D is well-recognized for its beneficial effects in maintaining immune function and bone health. Available in a convenient liquid format, Super EFA Forte Liquid + D is ideal for individuals who may have difficulty or dislike swallowing capsules.‡

**SUPPLEMENT FACTS**

Serving Size 1 Teaspoon (5 mL)  
Servings per Container about 40

AMOUNT PER SERVING		% DV
Calories	40	
Total Fat	4.5 g	6% ^
Cholesterol	15 mg	5%
Vitamin D (as cholecalciferol)	25 mcg (1,000 IU)	125%
Fish Oil (from Anchovy, Sardine and Mackerel)	4,500 mg	*
Yielding		
EPA (Eicosapentaenoic Acid)	1,500 mg	*
DHA (Docosahexaenoic Acid)	1,000 mg	*
Total Omega-3	2,600 mg	*

\* Daily Value (DV) not established

^ Percent Daily Values (DV) are based on a 2,000 calorie diet

Other ingredients: Sweet orange oil, rosemary leaf extract, mixed tocopherols concentrate  
Contains: Fish (Anchovy, Sardine and Mackerel)

**Recommended Dose**

Take 1 teaspoon daily or as recommended by your health professional. Do not drink directly from the bottle.

**Size**

6.8 fl oz (200 mL)  
16.9 fl oz (500 mL)

**Product Code**

10392  
10392-500



## Super EFA Liquid Plus CoQ<sub>10</sub>

Natural Orange Flavor

### Cardiovascular support<sup>‡</sup>

- Provides 930 mg of EPA and 710 mg of DHA per daily dose
- Contains 50 mg of CoQ<sub>10</sub> per serving
- Helps to support healthy lipid metabolism<sup>‡</sup>
- Promotes cardiovascular health<sup>‡</sup>

Super EFA Liquid Plus CoQ<sub>10</sub> is a unique combination of CoQ<sub>10</sub> and essential omega-3 fatty acids that helps to maintain cardiovascular health. CoQ<sub>10</sub> supports cellular energy production, and is present in tissues with high metabolic activity, including the heart. CoQ<sub>10</sub> is also an important intracellular antioxidant. EPA and DHA further support healthy lipid metabolism. In a randomized, placebo-controlled trial involving 67 adults, supplementation with 1.56 g of EPA and DHA daily for 12 weeks promoted cardiovascular health.<sup>‡</sup>

#### SUPPLEMENT FACTS

Serving Size 1 Teaspoon (5 mL)  
Servings per Container about 40

AMOUNT PER SERVING		% DV
Calories	40	
Total Fat	4.5 g	6% ^
Saturated Fat	1 g	5% ^
Cholesterol	45 mg	15%
Fish Oil (from Anchovy and Sardine)	4,530 mg	*
Yielding		
EPA (Eicosapentaenoic Acid)	930 mg	*
DHA (Docosahexaenoic Acid)	710 mg	*
Total Omega-3 Fatty Acids	1,960 mg	*
Coenzyme Q <sub>10</sub> (from yeast fermentation)	50 mg	*

\* Daily Value (DV) not established

^ Percent Daily Values (DV) are based on a 2,000 calorie diet

Other ingredients: Orange oil, natural mixed tocopherols  
Contains: Fish (Anchovy, Sardine)

### Recommended Dose

Take 1 teaspoon daily with a meal or as recommended by your health professional. Shake well before each use, as contents may precipitate and appear cloudy when refrigerated.

#### Size

6.8 fl oz (200 mL)

#### Product Code

10572



## Super EFA Liquid Plus D

Natural Orange Flavor

### Vitamin D, EPA and DHA

- Provides 950 mg of EPA and 725 mg of DHA per teaspoon
- Supports cardiovascular health<sup>‡</sup>
- Promotes brain health and cognitive function<sup>‡</sup>
- Supports the development of the brain, eyes and nerves in children<sup>‡</sup>
- Provides 1,000 IU of vitamin D<sub>3</sub> per teaspoon
- Aids in the development and maintenance of healthy bones and teeth<sup>‡</sup>

Super EFA Liquid Plus D is a combination of vitamin D and essential omega-3 fatty acids that helps to maintain bone, cardiovascular, and cognitive health. Super EFA Liquid Plus D is an excellent source of vitamin D, which studies suggest promotes optimal bone health. DHA is an omega-3 fatty acid that promotes proper eye development and visual acuity in young children. DHA is also the most abundant omega-3 fatty acid in the brain, and supports pre- and postnatal brain development. Supplementation with fish oils has been associated with the maintenance of neural function, indicating their beneficial effect on cognitive health.<sup>‡</sup>

#### SUPPLEMENT FACTS

Serving Size 9+ Years: 1 Teaspoon (5 mL); 1-8 Years: ½ Teaspoon (2.5 mL)  
Servings per Container 9+ Years: about 40; 1-8 Years: about 80

	AMOUNT PER TEASPOON	% DV FOR ADULTS AND ADOLESCENTS 9+ YEARS (1 TEASPOON)	AMOUNT PER ½ TEASPOON	% DV FOR CHILDREN 4-8 YEARS (½ TEASPOON)	% DV FOR CHILDREN 1-3 YEARS (½ TEASPOON)
Calories	40		20		
Total Fat	4.5 g	6% ^	2.5 g	3% ^	6% ^^
Saturated Fat	1 g	5% ^	0.5 g	3% ^	5% ^^
Cholesterol	45 mg	15%	25 mg	8%	8%
Vitamin D (as cholecalciferol)	25 mcg (1,000 IU)	125%	12.5 mcg (500 IU)	63%	83%
Fish Oil (from Anchovy and Sardine)	4,560 mg	*	2,280 mg	*	*
Yielding					
EPA (Eicosapentaenoic Acid)	950 mg	*	475 mg	*	*
DHA (Docosahexaenoic Acid)	725 mg	*	362.5 mg	*	*
Total Omega-3 Fatty Acids	1,975 mg	*	987.5 mg	*	*

\* Daily Value (DV) not established

^ Percent Daily Values (DV) are based on a 2,000 calorie diet

^^ Percent Daily Values (DV) are based on a 1,000 calorie diet

Other ingredients: Orange oil, natural mixed tocopherols  
Contains: Fish (Anchovy, Sardine)

### Recommended Dose

Adults and Adolescents (9 years and older): Take 1 teaspoon daily with a meal or as recommended by your health professional. Children (1-8 years): Take ½ teaspoon daily with a meal or as recommended by your health professional.

#### Size

6.8 fl oz (200 mL)

#### Product Code

10483



# Fish oils emulsified by WisdOM-3™

The wonderful health benefits offered by increasing intake of omega-3s are well recognized, but some people prefer not to take lots of capsules, and additionally do not like the oily mouthfeel and potential “fishiness” of liquid oil products. For these reasons, Seroyal scientists began to study ways of emulsifying omega oils using a process called WisdOM-3™ to make them more palatable. However, in the course of this work, they uncovered some facts about absorption of omega-3s that are beginning to completely change the way in which omega-3s are presented. Here are some facts about WisdOM-3.™

## Increases rate of EPA and DHA absorption

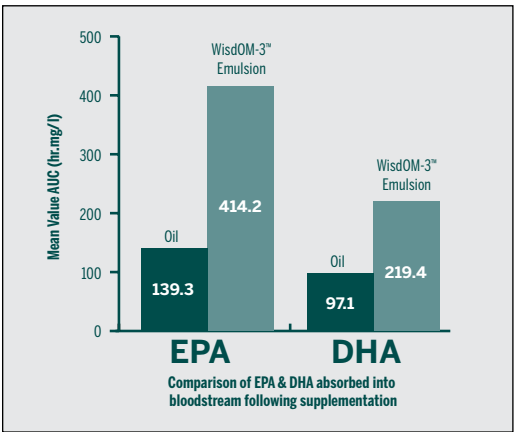
In a pilot study, fish oil emulsified using WisdOM-3™ improved the absorption of EPA and DHA by 3X and 2X, respectively.<sup>1</sup>

When we digest most fats and oils in our diet, the emulsification that naturally occurs in the stomach and intestine is sufficient to ensure that complete absorption takes place. As with any lipid, absorption is limited and dependent on adequate bile production. An emulsion encloses these fatty acids into a tiny water-soluble droplet called a micelle. In this form, EPA and DHA can easily cross the intestinal membranes.

## Allows blending of other nutrients

WisdOM-3™ emulsification also has the benefit of allowing other nutritional ingredients to be added, enabling products with multiple benefits to be developed.

Finally, WisdOM-3™ causes oils to lose their “oiliness” and also allows natural flavours and fruit concentrates to be added, making WisdOM-3™ products delicious to take either directly from the spoon or mixed into fruit juices or smoothies.



1. Garaiova et al, Nutrition Journal 2007

# Berry DHA

## Emulsion with Fruit Puree

GREAT FOR CHILDREN

### Emulsified DHA and EPA formula

- Helps to maintain cardiovascular health<sup>†</sup>
- Helps to support healthy lipid metabolism<sup>†</sup>
- Helps to support cognitive function<sup>‡</sup>
- Helps to support brain, eye and nerve development in children and adolescents<sup>‡</sup>
- Provides 600 mg of DHA and 296 mg of EPA per serving

Berry DHA combines omega-3 fatty acids and fruit puree in a powerful formula that supports brain functioning and cardiovascular health. Omega-3 fatty acids provide numerous health benefits. DHA supports optimal pre- and postnatal brain development, and promotes proper eye development and visual acuity in infants. Recent research suggests that DHA and EPA support already healthy triglyceride levels in the normal range by promoting fatty acid metabolism.

### SUPPLEMENT FACTS

Serving Size 2 Teaspoons (10 mL)  
Servings per Container about 22

	AMOUNT PER SERVING	% DV FOR ADULTS AND CHILDREN 4+ YEARS	% DV FOR CHILDREN 1-3 YEARS
Calories	45		
Total Fat	2.5 g	3% ^	6% ^^
Total Carbohydrate	5 g	2% ^	3% ^^
Total Sugars	3 g	*	*
Includes 1.5 g Added Sugars		3% ^	6% ^^
Fish Oil (from Tuna, Sardine and Anchovy)	2,556 mg	*	*
Yielding			
DHA (Docosahexaenoic Acid)	600 mg	*	*
EPA (Eicosapentaenoic Acid)	296 mg	*	*
Total Omega-3 Fatty Acids	1,086 mg	*	*
Wild Berry and Apple Concentrate	1,000 mg	*	*
[Black Currant ( <i>Ribes nigrum</i> ), European Elder ( <i>Sambucus nigra</i> ), Bilberry ( <i>Vaccinium myrtillus</i> ), Chokeberry ( <i>Aronia melanocarpa</i> ) and Apple ( <i>Malus domestica</i> ) fruits]			

\* Daily Value (DV) not established

^ Percent Daily Values (DV) are based on a 2,000 calorie diet

^^ Percent Daily Values (DV) are based on a 1,000 calorie diet

Other ingredients: Fruit blend (pineapple, mango, orange, banana), modified corn starch, purified water, fructose, hydroxypropyl alginate, ascorbic acid, pineapple flavor, acacia gum, mixed tocopherols concentrate, vanilla flavor, potassium sorbate

Contains: Fish (Tuna, Sardine, Anchovy)

### Recommended Dose

Adults and Children (1 year and older): Take 2 teaspoons daily or as recommended by your health professional. If preferred, Berry DHA can be mixed with juice or water. Shake well before each use.

### Size

7.6 fl oz (225 mL)

### Product Code

10449



## Berry EFA Plus

### Emulsion with Fruit Puree

#### Emulsified EPA and DHA formula

- Provides omega-3 fatty acids for optimal health<sup>†</sup>
- Supports cognitive health and brain function, and the development of the brain, eyes, and nerves in children and adolescents<sup>†</sup>
- Helps to support cardiovascular health<sup>†</sup>
- Supports healthy lipid metabolism<sup>†</sup>
- Provides 500 mg of EPA and 375 mg of DHA per serving

Berry EFA Plus is a unique combination of omega-3 fatty acids and fruit puree that helps to support cardiovascular health. In a randomized, placebo-controlled trial, supplementation with 1.28 g of DHA and EPA daily for 12 weeks supported healthy lipid metabolism. Berry EFA Plus is available in a convenient liquid format that provides 875 mg of DHA and EPA per serving.<sup>‡</sup>

#### SUPPLEMENT FACTS

Serving Size 2 Teaspoons (10 mL)  
Servings per Container about 30

	AMOUNT PER SERVING	% DV FOR ADULTS AND CHILDREN 4+ YEARS	% DV FOR CHILDREN 2-3 YEARS
Calories	40		
Total Fat	2.5 g	3% ^	6% ^^
Saturated Fat	0.5 g	3% ^	5% ^^
Cholesterol	25 mg	8%	8%
Total Carbohydrate	4 g	1% ^	3% ^^
Total Sugars	2 g	*	*
Includes 1.5 g Added Sugars		3% ^	6% ^^
Fish Oil (from Sardine and Anchovy)	2,554 mg	*	*
Yielding			
EPA (Eicosapentaenoic Acid)	500 mg	*	*
DHA (Docosahexaenoic Acid)	375 mg	*	*
Total Omega-3 Fatty Acids	1,200 mg		
Wild Berry-Apple Concentrate	1,000 mg	*	*
[Chokeberry ( <i>Aronia melanocarpa</i> ), Elderberry ( <i>Sambucus nigra</i> ), Bilberry ( <i>Vaccinium myrtillus</i> ), Black Currant ( <i>Ribes nigrum</i> ) and Apple ( <i>Malus domestica</i> ) fruits]			

\* Daily Value (DV) not established

^ Percent Daily Values (DV) are based on a 2,000 calorie diet

^^ Percent Daily Values (DV) are based on a 1,000 calorie diet

Other ingredients: Concentrated pineapple juice, modified corn starch, fructose, purified water, mango puree, concentrated orange juice, banana puree, hydroxypropyl alginate, pineapple flavor, natural mixed tocopherols, acacia gum, vanilla flavor, potassium sorbate

Contains: Fish (Sardine, Anchovy)

#### Recommended Dose

Adults and Children (9 years and older): Take 2 teaspoons 2 times daily with meals or as recommended by your health professional. Children (2-8 years): Take 2 teaspoons daily with a meal or as recommended by your health professional. If preferred, Berry EFA Plus can be mixed with juice or water. Shake well before each use.

#### Size

10 fl oz (300 mL)

#### Product Code

10448



## Krill Oil

#### Provides EPA and DHA

- Provides 150 mg of EPA and 66 mg of DHA per day
- Provides 494 mg of phospholipids and 396 mcg of esterified astaxanthin per day
- Supports cardiovascular health<sup>†</sup>
- Supports healthy lipid metabolism<sup>†</sup>

Krill Oil is a blend of omega-3 fatty acids, phospholipids, and astaxanthin that provides an alternative to fish oil. The EPA and DHA in krill oil is primarily bound to phospholipids, which may improve intestinal transport and bioavailability. Krill contains astaxanthin, which is the carotenoid antioxidant responsible for its red pigmentation. Research suggests krill promotes cardiovascular health and healthy lipid metabolism.<sup>‡</sup>

#### SUPPLEMENT FACTS

Serving Size 2 Capsules  
Servings per Container 30

AMOUNT PER SERVING		% DV
Calories	15	
Total Fat	1.5 g	2% ^
Cholesterol	15 mg	5%
Krill ( <i>Euphausia superba</i> ) Body Oil	1,000 mg	*
Yielding		
EPA (Eicosapentaenoic Acid)	150 mg	*
DHA (Docosahexaenoic Acid)	66 mg	*
Total Omega-3 Fatty Acids	274 mg	*
Phospholipids	494 mg	*
Esterified Astaxanthin	396 mcg	*

\* Daily Value (DV) not established

^ Percent Daily Values (DV) are based on a 2,000 calorie diet

Other ingredients: Capsule (fish gelatin, purified water, polysorbate 80)

Contains: Crustacean shellfish (Krill), fish (Tilapia)

#### Recommended Dose

Take 2 capsules daily or as recommended by your health professional.

#### Size

60 Capsules

#### Product Code

10432



# Phos Choline

Concentrated lecithin-derived phospholipid formula

- Provides 2,880 mg of phosphatides per day
- Supports liver health and healthy hepatic fat metabolism†

Phos Choline provides phospholipids that help to support healthy liver function. Phosphatidylcholine (PC) is the primary phospholipid (also known as phosphatide) found in lecithin. It is an important component of cell membranes and is highly concentrated in hepatocytes. PC supports the production and secretion of very low density lipoprotein (VLDL), which transports triglycerides from the liver. Recent research suggests that choline supports liver health.‡

SUPPLEMENT FACTS

Serving Size 2 Softgels  
Servings per Container 45

AMOUNT PER SERVING		% DV
Calories	25	
Total Fat	1.5 g	2% ^
Saturated Fat	0.5 g	3% ^
Lecithin (from soy bean)	2,400 mg	*
Yielding Phosphatides	1,440 mg	*

\* Daily Value (DV) not established

^ Percent Daily Values (DV) are based on a 2,000 calorie diet

Other ingredients: Bovine gelatin, glycerin, purified water  
Contains: Soy

Recommended Dose

Take 2 softgels 2 times daily with meals or as recommended by your health professional.

Size

90 Softgels

Product Code

10526



# Phosphatidylserine

Supports cognitive function†

- Provides 300 mg of phosphatidylserine per day

Phosphatidylserine (PS) is a phospholipid found in neuronal cell membranes that may help support optimal cognitive function. Endogenous PS helps to maintain membrane fluidity, and may help to mediate the activity of several neurotransmitters, including norepinephrine, dopamine, and serotonin. PS can be metabolized into the choline-containing neurotransmitter acetylcholine, which may play a role in supporting cognitive health. PS supplementation may support brain-derived neurotrophic factor, a protein that may influence neuronal functions. In a randomized, placebo-controlled trial, daily supplementation with 300 mg of PS for six months promoted healthy cognitive function, which extended three months after the trial ended.‡

SUPPLEMENT FACTS

Serving Size 3 Capsules  
Servings per Container 10

AMOUNT PER SERVING		% DV
Soy Lecithin (from soy bean)	300 mg	*
Yielding Phosphatidylserine	150 mg	*

\* Daily Value (DV) not established

Other ingredients: Cellulose, hypromellose, silica, magnesium silicate, ascorbyl palmitate  
Contains: Soy

Recommended Dose

Take 3 capsules 2 times daily with meals or as recommended by your health professional.

Size

30 Vegetarian Capsules

Product Code

10580



# Plant Oil Product Overview

## Why supplement with plant oils?

Much emphasis is placed on the body's requirement for EPA and DHA, and while these two fatty acids are of utmost importance, plant oils are able to deliver a full spectrum of omega fatty acids (3,6,9). Plant oils can be found in both land-based (i.e. plants) or aquatic (i.e. micro-algae) sources. Plant oils provide an excellent alternative for vegans, vegetarians, or those with fish oil sensitivities.

### Omega-3s

#### ALA (Alpha Linolenic Acid)

Flax seed is a rich source of ALA and plant lignans (hormone-like phytoestrogens), containing 75-800 times more than that in other oil seeds, cereals, legumes, fruits and vegetables.

#### SDA (Stearidonic Acid)

Found in black currant.

#### Phytosterols

Naturally found in very small amounts in all types of unrefined plant oils, such as olive oil and sunflower oil.

### Omega-6s

#### CLA (Conjugated Linoleic Acid)

Found in many plant oils including safflower, sunflower and soybean oils. At 3-5 g per day, CLA may help to support a modest reduction in fat mass when used with a program of reduced intake of dietary calories and increased physical activity.<sup>‡</sup>

#### GLA (Gamma-linolenic Acid)

Found in borage and evening primrose oil. Adequate amounts cannot be synthesized by the body and must be consumed through diet or supplementation.

#### LA (Linoleic Acid)

A polyunsaturated fatty acid used in the biosynthesis of arachidonic acid. It is abundant in many vegetable oils, including poppy seed, safflower and sunflower oils.

### Omega-9s

#### OA (Oleic Acid)

Synthesized by the body in limited amounts. Common sources include avocado, macadamia nuts, apricot seeds, almonds and olive oil.

#### Algal Oils

Provides a vegetarian alternative to marine oils for omega-3 DHA and EPA.

## Plant Oil Comparison Chart

PRODUCT	EFA PER CAPSULE	BENEFITS
<b>Biotone EFA</b> 100 softgels	• 18 mg of ALA • 174 mg of LA • 112 mg of phytosterol	Promotes healthy lipid metabolism <sup>‡</sup>
<b>CLA 700</b> 60 softgels	• 630 mg of CLA	Derived from safflower oil
<b>Col-Sterol</b> 60 softgels	• 650 mg of plant sterol esters	Supports the maintenance of cardiovascular health <sup>‡</sup>
<b>DHA/EPA Vegan</b> 60 Vegetarian Capsules	• 180 mg of DHA • 100 mg of EPA	Derived from micro-algae Suitable for vegetarians, vegans and those with fish oil sensitivities
<b>Flax Oil Capsules</b> 90 softgels	• 550 mg of ALA • 150 mg of LA	Blend of omega-3, -6 and -9
<b>GLA 90 Black Currant Oil</b> 60 softgels	• 85 mg of GLA • 215 mg of LA	17% GLA per softgel
<b>GLA 130 Primrose Oil</b> 90 softgels	• 130 mg of GLA • 960 mg of LA	10% GLA per softgel
<b>MCT Ketone Energy</b> 15.2 fl oz (450 mL)	• 14 g of medium-chain triglycerides	Supports ketone energy metabolism and production <sup>‡</sup> Derived from coconut or palm kernel oil
<b>Perilla EFA</b> 90 softgels	• 550 mg of ALA • 150 mg of LA	55% ALA per softgel
<b>Pumpkin Capsules</b> 90 softgels	• 400 mg of LA • 180 mg of OA • 100 mg of PA • 30 mg of SA	Derived from pumpkin seed oil
<b>Super Neurogen DHA</b> 30 softgels	• 200 mg of DHA	Derived from micro-algae

# Biotone EFA

## Combination of free plant sterols from soy bean

- Helps to support healthy lipid metabolism<sup>‡</sup>
- Provides antioxidants and essential fatty acids to support cardiovascular health<sup>‡</sup>
- Provides 896 mg of free plant sterols per daily serving
- Includes 10 IU of mixed tocopherols per daily serving
- Provides 1,392 mg of linoleic acid and 144 mg of ALA per daily dose

Biotone EFA is a unique blend of lecithin-derived free plant sterols, essential fatty acids, and antioxidants. Free-form plant sterols may help to promote healthy lipid metabolism. A serving of Biotone EFA supplies 448 mg of plant sterols.<sup>‡</sup>

### SUPPLEMENT FACTS

Serving Size 4 Softgels  
Servings per Container 25

AMOUNT PER SERVING		% DV
Calories	15	
Total Fat	1 g	2% ^
Protein	<1 g	1% ^
Vitamin E	3.35 mg	22%
(d-alpha-tocopherol / mixed tocopherol concentrate)		
Δ Safflower ( <i>Carthamus tinctorius</i> ) Seed Oil	1,020 mg	*
Δ Flaxseed ( <i>Linum usitatissimum</i> ) Oil	144 mg	*
Yielding		
Alpha-Linolenic Acid	72 mg	*
Δ Total Linoleic Acid	696 mg	*
Free Plant Sterols (from soy bean)		
(95% combined: beta-sitosterol, campesterol, stigmasterol)	448 mg	*
Soy Lecithin (from soy bean)	80 mg	*
Policosanol (from <i>Apis mellifera</i> wax)	10 mg	*
Mixed Tocopherol Concentrate	16 mg	*
Yielding		
Gamma-Tocopherol	6.8 mg	*
Delta-Tocopherol	1,960 mcg	*

\* Daily Value (DV) not established

^ Percent Daily Values (DV) are based on a 2,000 calorie diet

Other ingredients: Capsule (bovine gelatin, glycerin, purified water), silica  
Contains: Soy

### Recommended Dose

Take 4 softgels 2 times daily with meals or as recommended by your health professional.

#### Size

100 Softgels

#### Product Code

10400



# CLA 700

## Support for healthy body composition<sup>†‡</sup>

- May help to support a healthy body composition and weight, in combination with a healthy diet and an active lifestyle<sup>‡</sup>
- May promote healthy lean mass, in conjunction with a healthy diet and an active lifestyle<sup>‡</sup>
- Provides 3.78 g of CLA per daily serving

Recent research indicates that CLA may help to support a healthy body composition and weight, in conjunction with a balanced diet and regular physical activity. CLA may also help to promote lean body mass. Animal research suggests that CLA functions by decreasing energy intake, increasing energy expenditure, regulating lipid metabolism, and reducing fat cell production. In a randomized, placebo-controlled trial, supplementation with 3.4 g daily of CLA for six months supported a healthy body composition and lean body mass.<sup>†‡</sup>

### SUPPLEMENT FACTS

Serving Size 3 Softgels  
Servings per Container 20

AMOUNT PER SERVING		% DV
Calories	30	
Total Fat	3 g	4% ^
Protein	<1 g	1% ^
CLA (Conjugated Linoleic Acid)	1,890 mg	*

\* Daily Value (DV) not established

^ Percent Daily Values (DV) are based on a 2,000 calorie diet

Other ingredients: Capsule (bovine gelatin, glycerin, carob color, purified water), safflower oil

### Recommended Dose

Take 3 softgels 2 times daily with meals or as recommended by your health professional.

#### Size

60 Softgels

#### Product Code

10591



<sup>†</sup> Provides weight management support as part of a healthy lifestyle with a reduced-calorie diet and regular exercise.



## Col-Sterol

### Combination of *Brassica napus* plant sterols

- Supports cardiovascular health<sup>‡</sup>
- Promotes healthy lipid metabolism<sup>‡</sup>
- Provides 1,300 mg of plant sterol esters per daily serving

Col-Sterol is a unique blend of plant sterol esters that supports healthy total cholesterol levels already within the normal range. Plant sterols support already healthy lipid metabolism, and may have an impact on the body's already normal cholesterol absorption, cholesterol use for bile acid synthesis, bile acid reabsorption, and cholesterol excretion. In a small double blind, placebo-controlled study, supplementation with 1.3 g of sterol esters daily for four weeks supported already healthy total cholesterol. Products providing at least 650 mg per serving of plant sterol esters, taken twice a day with meals for a daily total intake of at least 1,300 mg, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.<sup>‡</sup>

#### SUPPLEMENT FACTS

Serving Size 1 Softgel  
Servings per Container 60

AMOUNT PER SERVING	% DV
Plant Sterol Esters (from <i>Brassica napus</i> oil) (80% combined: beta-sitosterol, campesterol, stigmasterol) 650 mg	*

\* Daily Value (DV) not established

Other ingredients: Capsule (bovine gelatin, glycerin), natural mixed tocopherols

#### Recommended Dose

Take 1 softgel 2 times daily with meals or as recommended by your health professional.

#### Size

60 Softgels

#### Product Code

10562



## Flax Oil Capsules

### Omega-3-rich fatty acid formula for cardiovascular health<sup>‡</sup>

- Provides essential fatty acids, including omega-3 fatty acids and ALA
- Supports cardiovascular health<sup>‡</sup>
- Supports skin health<sup>‡</sup>

Flax is a plant source of the omega-3 fatty acid alpha linolenic acid (ALA) and the omega-6 fatty acid linoleic acid (LA). ALA is metabolized to EPA and DHA. Recent research suggests that daily supplementation with flaxseed oil for eight weeks supports healthy levels of EPA and DPA, a DHA precursor and likely storage form of EPA. Fatty acids promote cardiovascular health and support optimal skin health and hydration. ALA may help to maintain platelet and endothelial cell function.<sup>‡</sup>

#### SUPPLEMENT FACTS

Serving Size 1 Softgel  
Servings per Container 90

AMOUNT PER SERVING	% DV
Calories 10	
Total Fat 1 g	1% ^
Organic Flax ( <i>Linum usitatissimum</i> ) Seed Oil 1,000 mg	*
Yielding	
ALA (Alpha-Linolenic Acid) 550 mg	*
LA (Linoleic Acid) 150 mg	*
OA (Oleic Acid) 160 mg	*

\* Daily Value (DV) not established

^ Percent Daily Values (DV) are based on a 2,000 calorie diet

Other ingredients: Bovine gelatin, glycerin, purified water

#### Recommended Dose

Take 1 softgel 2 times daily with meals or as recommended by your health professional.

#### Size

90 Softgels

#### Product Code

10416



# GLA 90 Black Currant Oil

## Combination of omega-6 and omega-3 fatty acids

- Provides 860 mg of LA and 340 mg of GLA per daily dose
- Includes 260 mg of ALA per daily dose
- Promotes skin health†

Black currant oil is a natural source of omega-6 and omega-3 fatty acids. Linoleic acid (LA) accounts for approximately 12% of fatty acids in the skin, and helps to maintain the integrity of the epidermal barrier. EFAs help maintain moisture in the eyes and skin, and omega-6 supplementation may play a role in supporting collagen production in the skin. In a recent study of 40 healthy adults, supplementation with 2 g of black currant seed oil for three months supported skin health and moisture levels in forearm and cheek skin.‡

### SUPPLEMENT FACTS

Serving Size 2 Softgels  
Servings per Container 45

AMOUNT PER SERVING		% DV
Calories	10	
Total Fat	1 g	1% ^
Black Currant ( <i>Ribes nigrum</i> ) Seed Oil	1,000 mg	*
Yielding		
GLA (Gamma-Linolenic Acid)	170 mg	*
ALA (Alpha-Linolenic Acid)	130 mg	*
LA (Linoleic Acid)	430 mg	*
OA (Oleic Acid)	90 mg	*
SDA (Stearidonic Acid)	24 mg	*

\* Daily Value (DV) not established

^ Percent Daily Values (DV) are based on a 2,000 calorie diet

Other ingredients: Gelatin, glycerin, purified water

### Recommended Dose

Take 2 softgels 2 times daily or as recommended by your health professional.

#### Size

90 Softgels

#### Product Code

10415



# GLA 130 Primrose Oil

## Omega-6 fatty acids to maintain health†

- Provides 1,920 mg of LA and 260 mg of GLA per daily dose
- Promotes skin health†

Primrose oil is derived from evening primrose, a yellow flowering herb native to the Americas. It is a source of omega-6 fatty acids, including gamma-linolenic acid (GLA) and linoleic acid (LA), that helps to maintain optimal skin health. LA accounts for approximately 12% of fatty acids in the skin, and helps maintain the integrity of the epidermal barrier. Omega-6 fatty acids promote epithelial cell function and support moisture levels in the skin and eyes. In a randomized, placebo-controlled trial, daily supplementation with evening primrose oil for three months promoted skin firmness and elasticity in adults. Recent research indicates that the skin benefits from evening primrose oil supplementation may take over four weeks to develop, as skin cells must regenerate.‡

### SUPPLEMENT FACTS

Serving Size 1 Softgel  
Servings per Container 90

AMOUNT PER SERVING		% DV
Calories	15	
Total Fat	1.5 g	2% ^
Polyunsaturated Fat	1 g	*
Evening Primrose ( <i>Oenothera biennis</i> ) Seed Oil	1,300 mg	*
Yielding		
GLA (Gamma-Linolenic Acid)	130 mg	*
LA (Linoleic Acid)	960 mg	*
OA (Oleic Acid)	70 mg	*
PA (Palmitic Acid)	78 mg	*

\* Daily Value (DV) not established

^ Percent Daily Values (DV) are based on a 2,000 calorie diet

Other ingredients: Capsule (bovine gelatin, glycerin, purified water), d-alpha tocopherol

### Recommended Dose

Take 1 softgel 2 times daily with meals or as recommended by your health professional.

#### Size

90 Softgels

#### Product Code

10414



## MCT Ketone Energy

### Caprylic acid formula for ketone energy metabolism and production<sup>‡</sup>

- Source of medium-chain fatty acids, which support energy production<sup>‡</sup>
- Supports the production of ketones, an alternative energy source for the brain and muscles<sup>‡</sup>
- May contribute to a healthy body composition<sup>‡</sup>
- Provides 14 grams of medium-chain triglycerides (MCT) per tablespoon
- Derived from coconut or palm kernel oil
- Convenient liquid formula

MCT Ketone Energy provides 14 grams of MCT per tablespoon to support ketone energy metabolism and production. Also known as octanoic acid, caprylic acid is an eight-carbon MCT naturally present in coconut and palm kernel oil. As it is rapidly absorbed, directly transported to the liver, and easily crosses the mitochondrial membrane to undergo  $\beta$ -oxidation, caprylic acid is an efficient fuel source that has a low chance of uptake by adipose tissue. Acute intake of 10 g of caprylic acid has also been shown to increase the formation of ketones, which are normally produced by the liver when glucose availability is low, such as during fasting or strenuous exercise. In addition to providing energy for tissues such as the heart and muscle, ketone bodies become the main alternative fuel source in the brain when glucose availability decreases. One clinical trial reported that caprylic acid was the most ketogenic MCT when compared to coconut oil, capric acid (C10:0), or a combination of oils. MCT have also been suggested to support energy production and performance during exercise by regulating mitochondrial function and carbohydrate use, and may contribute to a healthy body composition through their role in energy expenditure, fat oxidation and satiety.<sup>‡</sup>

#### SUPPLEMENT FACTS

Serving Size 1 Tablespoon (15 mL)  
Servings per Container 30

AMOUNT PER SERVING		% DV
Calories	100	
Total Fat	14 g	18% ^
Saturated Fat	14 g	70% ^
Medium-Chain Triglycerides (from coconut or palm kernel oil)	14 g	*

\* Daily Value (DV) not established

^ Percent Daily Values (DV) are based on a 2,000 calorie diet

#### Recommended Dose

Take 1 tablespoon daily or as recommended by your health professional. Do not drink directly from the bottle.

#### Size

15.2 fl oz (450 mL)

#### Product Code

10390



## Perilla EFA

### Plant-derived omega-3 and omega-6 fatty acids to help maintain skin health<sup>‡</sup>

- Provides 1,650 mg of ALA and 450 mg of LA per daily dose

Perilla oil is derived from perilla, an herb from the mint family that is a source of the omega-3 fatty acid ALA and the omega-6 fatty acid LA. Recent research suggests that combined supplementation of omega-3 and -6 fatty acids may help maintain optimal skin health. Fatty acids help maintain the proper structure and function of the skin, including supporting healthy skin moisture levels. ALA may also help to maintain proper platelet and endothelial cell function.<sup>‡</sup>

#### SUPPLEMENT FACTS

Serving Size 3 Softgels  
Servings per Container 30

AMOUNT PER SERVING		% DV
Calories	30	
Total Fat	3 g	4% ^
Protein	< 1 g	2% ^
Perilla ( <i>Perilla frutescens</i> ) Seed Oil	3,000 mg	*
Yielding		
ALA (Alpha-Linolenic Acid)	1,650 mg	*
LA (Linoleic Acid)	450 mg	*
OA (Oleic Acid)	390 mg	*

\* Daily Value (DV) not established

^ Percent Daily Values (DV) are based on a 2,000 calorie diet

Other ingredients: Bovine gelatin, glycerin, purified water

#### Recommended Dose

Take 3 softgels daily with a meal or as recommended by your health professional.

#### Size

90 Softgels

#### Product Code

10434



# Pumpkin Capsules

Pumpkin seed oil

- Source of linoleic acid, oleic acid, palmitic acid and stearic acid
- Source of essential fatty acids

Convenient softgel format

- Increases patient compliance

SUPPLEMENT FACTS

Serving Size 1 Softgel  
Servings per Container 90

AMOUNT PER SERVING		% DV
Calories	10	
Total Fat	1 g	1% ^
Polyunsaturated Fat	0.5 g	*
Pumpkin ( <i>Cucurbita pepo</i> ) Seed Oil	1,000 mg	*
Yielding		
LA (Linoleic Acid)	400 mg	*
OA (Oleic Acid)	180 mg	*
PA (Palmitic Acid)	100 mg	*
SA (Stearic Acid)	30 mg	*

\* Daily Value (DV) not established

^ Percent Daily Values (DV) are based on a 2,000 calorie diet

Other ingredients: Bovine gelatin, glycerin, purified water

Recommended Dose

Take 1 softgel 2 times daily with meals or as recommended by your health professional.

Size

90 Softgels

Product Code

10527



# Super Neurogen DHA

Algae-derived DHA softgels

- Supports neuronal health<sup>†</sup>
- Supports cognitive function<sup>†</sup>
- Provides 400 mg DHA from algal oil per daily dose

Super Neurogen DHA provides the omega-3 fatty acid DHA, which helps to support neuronal health. DHA is the most abundant omega-3 fatty acid in the brain, and it has a role in supporting cognitive function. DHA supplementation has also been associated with maintaining healthy neuronal activity in the hippocampus, which is associated with memory.<sup>‡</sup>

SUPPLEMENT FACTS

Serving Size 1 Softgel  
Servings per Container 30

AMOUNT PER SERVING		% DV
Calories	5	
Total Fat	0.5 g	<1% ^
Cholesterol	<5 mg	1%
Algal Oil (from <i>Schizochytrium</i> sp.)	606 mg	*
Yielding		
DHA (Docosahexaenoic Acid)	200 mg	*

\* Daily Value (DV) not established

^ Percent Daily Values (DV) are based on a 2,000 calorie diet

Other ingredients: Bovine gelatin, glycerin, purified water, turmeric, annatto seed extract

Contains: Soy

Recommended Dose

Take 1 softgel 2 times daily with meals or as recommended by your health professional.

Size

30 Softgels

Product Code

10585





112 Technology Drive  
Pittsburgh, PA  
15275



GENESTRA  
BRANDS®

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