



# Essential Fatty Acids

PROFESSIONAL PRODUCT GUIDE



Clean formulas for the ultimate in practitioner care



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# GENESTRA BRANDS

**Scientifically sound, quality formulas.**

Genestra Brands is a leading-edge line of professional-grade nutraceuticals, helping North American healthcare practitioners restore, rebuild and maintain patient health for over 30 years.

A trusted Seroyal brand.

**Seroyal**



**Wobenzym®**



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# 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.

## Natural triglyceride form

NEO-3™ and CRYO-3 processed fish oils contain no ethyl esters (EPA and DHA bound to alcohol molecules) nor additional chemical processing.

## Great taste

Less oily, exceptional freshness, brimming with natural fruit flavors to ensure no fishy smell or aftertaste, resulting in higher compliance.

## Freshness

Prevents oxidation, maintains stability at time of manufacture and throughout shelf life.

## Independent batch testing

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

## Exclusive natural DHA/EPA enrichment process

Enriches omega-3 yield, preserves triglyceride form, extracts toxic contaminants to virtually undetectable levels, delivers “cleaner” taste.

## Building sustainability

Compliance with ethical fishing organizations and regulated fishery partners.

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## Triglycerides vs ethyl esters

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

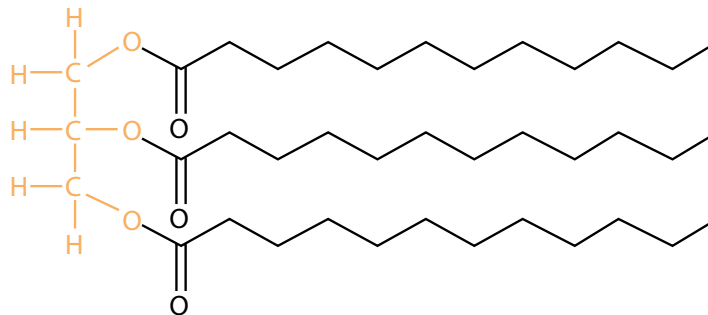


A common fish oil misconception is that EPA and DHA amounts define fish oil effectiveness. While EPA and DHA concentrations are an important part of a therapeutic protocol, what's inside your fish oil counts – and not all fish oils are created equally.

**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 natural enrichment processes gently enrich DHA/EPA levels while preserving the delicate triglyceride form.** Other synthetic enrichment techniques manipulate the triglycerides, creating ethyl esters (EPA and DHA bound to alcohol molecules) or augmented versions through chemical processing. While researchers continue to debate their effectiveness and any potential side effects of ethyl esters, physicians and healthcare practitioners continue to recognize the importance of providing patients with natural triglycerides making GENESTRA BRANDS their omega science leader.

**A Simple Triglyceride**



## Exclusive natural DHA/EPA enrichment processes

### The power of mother nature to enrich, preserve and filter

GENESTRA BRANDS uses two different exclusive enrichment techniques to naturally concentrate fish oils: NEO-3™ which uses an enzymatic process to concentrate oils; and CRYO-3 which uses a low temperature fractionation process. **NEO-3™ and CRYO-3 processes gently enrich DHA/EPA levels while preserving the delicate triglyceride form – ensuring physicians and healthcare practitioners are prescribing the most naturally enriched fish oil available on the market today.** The fish oil source and the required characteristics of the resultant concentrate dictate whether NEO-3™ or CRYO-3 is used in the concentration process.

**Extracts toxic contaminants to virtually undetectable levels**

NEO-3™ and CRYO-3 DHA/EPA enrichment also extracts toxic contaminants to virtually undetectable levels including: heavy metals (mercury, lead); pesticides; various chlorinated phenolic products (PCBs); dioxins and furans; PCDDs and PCDFs.

**Delivers cleaner taste**

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



## Standard Fish Oil Concentration Process

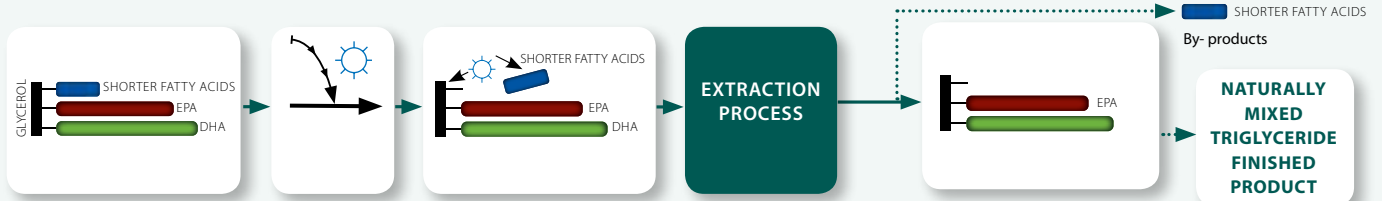
Many premium fish oil products are processed to produce higher levels of EPA and DHA. However, almost all of these processes involve both chemicals and alcohol in the enrichment process and result in the fish oil being converted into a 'mixture of ethyl esters', where the individual fatty acids, including EPA and DHA are bound to alcohol molecules. The ethyl esters that contain the shorter chain fatty acids are lighter than those containing long chain fatty acids (such as EPA and DHA) and hence can be 'boiled away' in the process known as molecular distillation, leaving a higher concentration of the longer chain fatty acid (EPA and DHA) esters. This mixture either becomes the finished product (many softgel capsules contain ethyl esters), or further processing takes place to re-convert the ethyl esters back into triglycerides. These triglycerides however have a different configuration of fatty acids to that found in the original fish oil.

As such, virtually all concentrated fish oil products on the market are either ethyl esters or reconstituted triglycerides – both of which are unnatural. This is particularly true of ethyl esters, which are completely *de novo* molecules that are not naturally found in any whole food product.

### NEO-3™: Enzymatic cleavage

#### Power of natural digestive enzymes

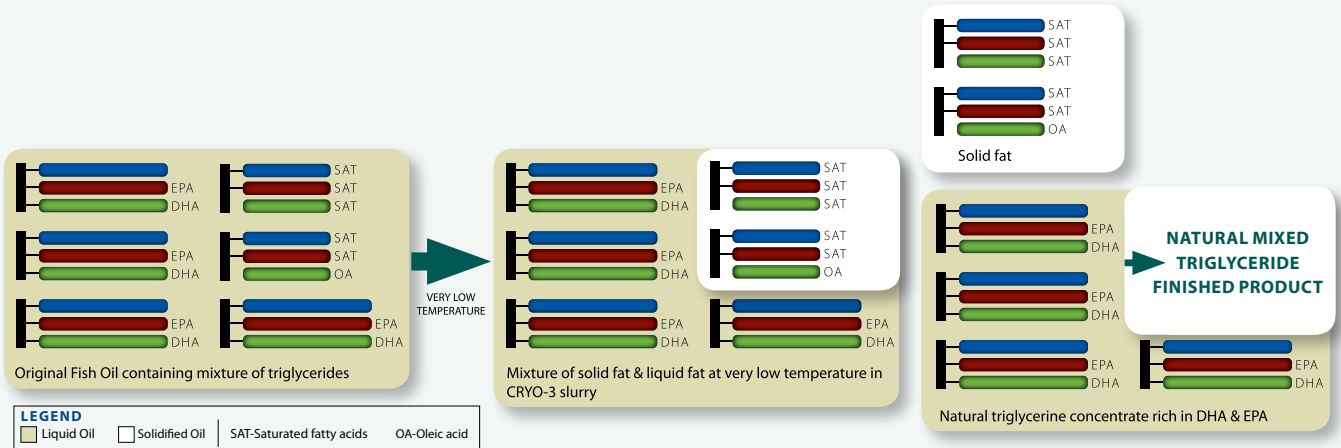
Mimicking the first stages of normal digestion, NEO-3™ is an enzymatic process that gently concentrates levels of EPA and DHA. The process utilizes natural lipase enzymes (free of alcohol or chemicals) which selectively remove shorter chain fatty acids from the fish oil triglyceride, leaving the EPA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



### CRYO-3: Fractional super-cooling

#### Strength of nature's cold grip

Triglycerides contain a high percentage of saturated fatty acids and when subjected to low temperatures they begin to solidify due to its higher "freezing point" compared to unsaturated fatty acids such as EPA and DHA. The CRYO-3 process brings the fish oil to very low temperatures enabling a crystallization of the triglycerides carrying high levels of saturated fatty acids. Once fractions have been separated, the resulting product boasts a higher ratio 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, and 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 content claims meet or exceed label specifications. These testing laboratories employ precise equipment and analytical methods available in the market to validate the safety and efficacy of our products.

The highest quality standards are used, 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 oils is tested for:

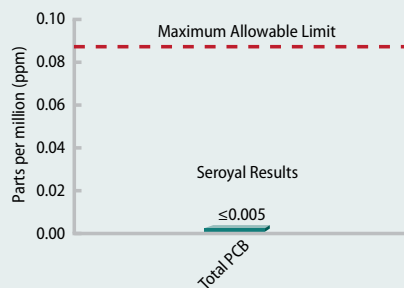
- Environmental contaminants (Dioxins, furans, dioxin-like PCBs, PCBs and heavy metals)
- Oxidation and rancidity
- Microbial contaminants



### Typical GENESTRA BRANDS™ Sardine & Anchovy Oil Analysis

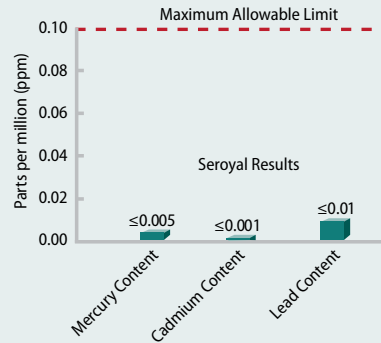
Independent 3rd Party Test Results Representative Sample: Super EFA Liquid

#### Total Polychlorinated Biphenyls (PCBs) Test



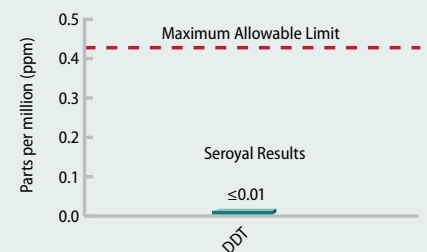
Note: PCB 28, PCB 52, PCB101, PCB 138, PCB 163, PCB 153 and PCB 180 are not detected.

#### Heavy Metal Test



Note: Arsenic content is below detectable limits.

#### Pesticides Test



Note: Multiple pesticides are tested (only DDT is shown).

## Commitment to safety

Excellence is ensured through heavy investment and commitment to stringent Quality Control and Quality Assurance. We are compliant with FDA and Health Canada current Good Manufacturing Process (cGMP) requirements. We are also NSF certified in the United States. Facilities include various International Organization for Standardization (ISO) accreditations – the global manufacturing standards that ensure quality, environmental friendliness, safety and reliability.



GMP Registered

in the United States



## Great taste

### Flavorful sensations make the difference

The NEO-3™ and CRYO-3 enrichment process delivers a fish oil with a “cleaner” taste, less oily for better mouth-feel and no fishy odor or after taste. To augment palatability of our fish oils, 100% natural fruit flavors such as subtle natural citrus and wild berry are added to ensure excellent patient compliance. Children and adults of all ages taste the quality difference.

## 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; maintain a great clean taste throughout the entire shelf life of the product; and extend overall shelf life to three years.



## Building sustainability

### Respect for the environment

Proper safeguards are taken to protect the environment by working with ethical fishing organizations and regulated fishery partners compliant with international fish oil standards. Regulated fisheries are monitored and controlled by international government agencies who establish harvest season timing and duration to ensure the presence of constant biomass and avoid depredation. Fisheries also have a restricted number of licensed participants with a maximum catch amount and also utilize target fishing practices and dolphin-friendly catch methods (e.g. catch zones, depth, net-size, and/or single hook fishing) to help minimize bycatch. 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 only regulated 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 which 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 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.**

100-5000 mg EPA + DHA including at least 100 mg DHA, per day.

#### **Helps support the development of the brain, eyes and nerves in children up to 12 years of age.**

150-2000 mg EPA + DHA including at least 150 mg DHA, per day.

#### **Helps maintain/support cardiovascular health.**

200-5000 mg EPA + DHA, containing a ratio of EPA:DHA between 0.5:1 and 2:1, per day.

#### **Helps to reduce serum triglycerides/triacylglycerols.**

1000-5000 mg EPA + DHA, per day and containing a ratio of EPA:DHA between 0.5:1 and 2:1, per day.

#### **In conjunction with conventional therapy, helps to reduce the pain of rheumatoid arthritis in adults.**

2800-5000 mg EPA + DHA, per day and containing a ratio of EPA:DHA between 0.5:1 and 2:1, per day.

#### **Helps to promote healthy mood balance.**

1500-5000 mg EPA + DHA including at least 1000 mg EPA, per day and a ratio of EPA:DHA of 1.75:1 to 2:1, per day.





## Fish Oil and Phospholipid Comparison Chart

PRODUCT	DHA/EPA PER CAPSULE	PROCESS	BENEFITS	PRODUCT	DHA/EPA PER TEASPOON	PROCESS	BENEFITS
<b>CAPSULES</b>				<b>LIQUIDS</b>			
<b>Cod Liver Oil DHA/EPA Forte Capsules</b> 60 softgel capsules	126 mg of DHA 102 mg of EPA	CRYO-3	Fortified with vitamins A & D	<b>Berry DHA</b> 7.6 fl oz (225 ml)	300 mg of DHA 148 mg of EPA	NEO-3™ WisDOM-3™†	Berry flavor Includes anthocyanins Great for children
<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>Berry EFA Plus</b> 10 fl oz (300 ml)	250 mg of EPA 187.5 mg of DHA	NEO-3™ WisDOM-3™	Berry flavor Includes anthocyanins
<b>Krill Oil</b> 60 capsules	65 mg of EPA 35 mg of DHA		Complementary source of marine omega-3 209 mg of phospholipids	<b>Cod Liver Oil Forte</b> 10.1 fl oz (300 ml) 16.9 fl oz (500 ml)	466 mg of DHA 377 mg of EPA		Natural lemon and orange flavor Fortified with vitamins A & D
<b>Multi EFA Capsules</b> 90 softgel capsules	120 mg of EPA 80 mg of DHA		Fish, flax seed and borage oil combination	<b>EFA Liquid</b> 8.5 fl oz (250 ml)	80 mg of EPA 50 mg of DHA	Triglycerides	Natural orange flavor Blend of omega-3 and -6
<b>Omega 800</b> 60 softgel capsules	525 mg of EPA 275 mg of DHA	Triglycerides	High triglyceride formula	<b>Fruit EFA</b> 10 fl oz (300 ml)	280 mg of EPA 205 mg of DHA	NEO-3™ WisDOM-3™	Wild fruit flavor
<b>Phos Choline</b> 90 softgel capsules			720 mg of phosphatides	<b>Omega EFA Liquid</b> 5.1 fl oz (150 ml)	1915 mg of EPA 1005 mg of DHA	Triglycerides	High triglyceride formula
<b>Phosphatidylserine</b> 30 vegetable capsules			50 mg of phosphatidylserine Suitable for vegetarians and vegans	<b>Super DHA Liquid</b> 5 fl oz (150 ml)	1200 mg of DHA 260 mg of EPA	NEO-3™	Highly concentrated DHA
<b>SEP EFA</b> 90 softgel capsules	180 mg of EPA 120 mg of DHA	Triglycerides	Daily maintenance	<b>Super EFA Liquid Natural Orange Flavor</b> 6.8 fl oz (200 ml) 16.9 fl oz (500 ml)	950 mg of EPA 725 mg of DHA	NEO-3™	High dose EPA Great natural orange flavor
<b>Super EFA Capsules</b> 120 softgel capsules	262 mg of EPA 187.5 mg of DHA	NEO-3™	High dose EPA	<b>Super EFA Liquid Natural Strawberry Flavor</b> 6.8 fl oz (200 ml)	950 mg of EPA 725 mg of DHA	NEO-3™	High dose EPA Great natural strawberry flavor
				<b>Super EFA Liquid Plus</b> 7.6 fl oz (225 ml)	930 mg of EPA 685 mg of DHA	NEO-3™	High dose EPA Includes plant sterols
				<b>Super EFA Liquid Plus CoQ<sub>10</sub></b> 6.8 fl oz (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> 6.8 fl oz (200 ml)	950 mg of EPA 725 mg of DHA	NEO-3™	High dose EPA Includes 1000 IU of vitamin D



## Super EFA Liquid

### Natural Orange Flavor or Strawberry Flavor

Available in  
2 delicious flavors

#### ESSENTIAL FATTY ACID FORMULA

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

- Helps maintain optimal cardiovascular health\*
- Supports healthy serum triglycerides already in the normal range\*
- Supports brain health and cognitive function\*
- Supports the development of the brain, eyes, and nerves in children
- 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 already healthy serum triglyceride levels and optimal cardiovascular health. In a placebo-controlled clinical trial of 312 healthy adults, daily supplementation with 1800 mg of EPA and DHA (in a 1.5:1 ratio) for one year supported healthy serum triglyceride levels. Super EFA liquid provides 1675 mg of combined EPA and DHA per teaspoon. Essential fatty acids have many other health benefits, including supporting brain health and cognitive function.\*

#### Orange Flavor:

##### Supplement Facts

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

Each Teaspoon Contains		% DV		
		for Adults and Adolescents 9+ Years (1 Teaspoon)	for Children 4-8 Years (½ Teaspoon)	for Children 1-3 Years (½ Teaspoon)
Calories	40			
Calories from Fat	40			
Total Fat	4.5 g	7% ♦	4% ♦	†
Saturated Fat	1 g	4% ♦	2% ♦	†
Cholesterol	45 mg	15%	8%	†
Fish Oil (Anchovy & Sardine)	4560 mg	†	†	†
Yielding				
EPA (Eicosapentaenoic Acid)	950 mg	†	†	†
DHA (Docosahexaenoic Acid)	725 mg	†	†	†
Total Omega-3 Fatty Acid	1975 mg	†	†	†

♦ Percent Daily Values (DV) are based on a 2000 calorie diet  
† Daily Value not established

Other Ingredients: Orange oil, natural mixed tocopherols

#### Strawberry Flavor:

Other Ingredients: Natural strawberry and vanilla flavors, natural mixed tocopherols

#### Recommended Dose

**Adults and Adolescents (9 years and older):** Take one teaspoon daily with a meal or as recommended by your healthcare practitioner.

**Children (1-8 years):** Take ½ teaspoon daily with a meal or as recommended by your healthcare practitioner.

Flavour	Size	Product Code
Orange	6.8 fl oz (200 ml)	10503
	16.9 fl oz (500 ml)	10503500
Strawberry	6.8 fl oz (200 ml)	10482

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## Super EFA Capsules

#### ESSENTIAL FATTY ACID FORMULA

##### Supports cardiovascular health and cognitive function with an EPA:DHA ratio of 1.4:1

- Supports healthy serum triglyceride levels already in the normal range\*
- Promotes cardiovascular health in adults\*
- Supports cognitive health, brain function, and the development of the brain, eyes, and nerves in children and adolescents\*
- 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 already healthy serum triglyceride levels. Research indicates that fish oil supplementation providing DHA may support brain health and cognitive function. DHA may assist in the development of brain, eye, and nerve tissue in children up to 12 years of age.\*

#### Supplement Facts

Serving Size 2 Capsules/ Servings per Container 60

Each Serving Contains	%DV	
Calories		20
Calories from Fat		20
Total Fat	2.5 g	4% ♦
Cholesterol	25 mg	8%
Fish Oil (Anchovy and Sardine)	2332.8 mg	†
Yielding		
EPA (Eicosapentaenoic Acid)	524 mg	†
DHA (Docosahexaenoic Acid)	375 mg	†
Total Omega-3 Fatty Acids	1124 mg	†

♦ Percent Daily Values (DV) are based on a 2000 calorie diet  
† Daily Value not established

Other Ingredients: Gelatin, glycerin, orange oil, natural mixed tocopherols

#### Recommended Dose

**Adults and Children (12 years and older):** Take two capsules two times daily with meals, or as recommended by your healthcare practitioner.

#### Size

120 Softgel Capsules

#### Product Code

10406120

DAIRY FREE GLUTEN FREE

# Cod Liver Oil DHA/EPA Forte Capsules

## ESSENTIAL FATTY ACID FORMULA

### 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 optimal cognitive health and brain function\*
- Helps to maintain eyesight and night vision\*
- Promotes skin health and immune function\*
- Aids in the development and maintenance of healthy bones and teeth\*

Cod Liver Oil DHA/EPA Forte Capsules is an effective blend of DHA, EPA, and vitamins A and D that promotes optimal health. Vitamin A promotes good vision, immune system function, and helps to maintain the integrity of the intestinal epithelial barrier. Vitamin D helps the body to absorb and use 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.\*

### Supplement Facts

Serving Size 1 Capsule

Each Capsule Contains		%DV
Calories	15	
Calories from Fat	10	
Total Fat	1 g	2%◆
Monounsaturated Fat	0.5 g	†
Cholesterol	<5 mg	2%
Vitamin A (vitamin A palmitate)	720 IU	14%
Vitamin D (cholecalciferol)	500 IU	125%
Cod Liver Oil	1200 mg	†
Yielding		
DHA (Docosahexaenoic Acid)	126 mg	†
EPA (Eicosapentaenoic Acid)	102 mg	†
Total Omega-3 Fatty Acids	300 mg	†

◆ Percent Daily Values (DV) are based on a 2000 calorie diet

† Daily Value not established

Other ingredients: Fish gelatin, glycerin, natural mixed tocopherols

### Recommended Dose

**Adults and Children (12 years and older):** Take one capsule once daily with a meal, or as recommended by your healthcare practitioner.

### Size

60 Softgel Capsules

### Product Code

10433

DAIRY FREE<sup>®</sup> GLUTEN FREE<sup>®</sup>



## Cod Liver Oil Forte

VITAMIN + ESSENTIAL FATTY ACID SUPPLEMENT

### 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\*
- Supports healthy bones, teeth, eyes, and skin\*
- Provides 466 mg of DHA and 377 mg of EPA per teaspoon
- Provides 2667 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 proper eye 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.\*

### Supplement Facts

Serving Size 0-3 years: ½ Teaspoon (2.5 ml); 4+ years: 1 Teaspoon (5 ml)  
 Servings per Container 0-3 years: 120; 4+ years: 60

Each Serving Contains		% DV	% DV	% DV
		for Adults and Children 4+ Years (1 Teaspoon)	for Children 1-3 Years (½ Teaspoon)	for Infants 0-12 Months (½ Teaspoon)
Calories	40			
Calories from Fat	40			
Total Fat	4.5 g	7%◆	†	†
Saturated Fat	1 g	5%◆	†	†
Vitamin A (vitamin A palmitate/ cod liver oil)	2667 IU	53%	53%	89%
Vitamin D (cholecalciferol/ cod liver oil)	300 IU	75%	38%	38%
Cod Liver Oil	4440 mg	†	†	†
Yielding				
DHA (Docosahexaenoic acid)	466 mg	†	†	†
EPA (Eicosapentaenoic acid)	377 mg	†	†	†
Total Omega-3 Fatty Acids	1100 mg	†	†	†

◆ Percent Daily Values (DV) are based on a 2000 calorie diet  
 † Daily Value not established

Other ingredients: Natural lemon oil, natural orange oil, natural mixed tocopherols

### Recommended Dose

**Adults and Children (4 years and older):** Take one teaspoon daily with a meal or as recommended by your healthcare practitioner.

**Infants and Children (0 - 3 years):** Take ½ teaspoon daily with a meal or as recommended by your healthcare practitioner.

### Size

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

### Product Code

10428  
 10428500

DAIRY FREE  GLUTEN FREE 





## DHA Pediaburst

CHEWABLE DHA SUPPLEMENT

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\*
- Promotes optimal cognitive health and brain function\*
- 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.\*

### Supplement Facts

Serving Size 2 Chewable Softgels/ Servings per Container 90

Each Serving Contains	%DV	
Calories	5	
Cholesterol	10 mg	3%
Vitamin E ( <i>d</i> -alpha tocopherol)	5 IU	17%
Fish Oil (Tuna)	500 mg	†
Yielding		
DHA (Docosahexaenoic Acid)	130 mg	†
EPA (Eicosapentaenoic Acid)	30 mg	†
Stevia ( <i>Stevia rebaudiana</i> ) Leaf Std. Extract (90% Steviosides)	0.8 mg	†

◆ Percent Daily Values (DV) are based on a 2000 calorie diet

† Daily Value not established

Other ingredients: Gelatin, glycerin, natural orange flavor, purified water, modified corn starch (non-GMO), annatto extra

### Recommended Dose

**Adults and Children (4 years and older):** Chew two softgels two times daily with meals, or as recommended by your healthcare practitioner.

### Size

180 Chewable Softgels

DAIRY FREE  GLUTEN FREE 

### Product Code

10553

## EFA Liquid

ESSENTIAL FATTY ACID SUPPLEMENT

### Combination of fish, flax, and evening primrose seed oils

- Provides 11298 mg ALA, 480 mg of EPA, and 300 mg of DHA per daily dose
- Provides 3600 mg of LA and 84 mg GLA per daily dose
- Supports optimal cognitive function\*
- Promotes cardiovascular health\*
- Supports skin health and hydration\*
- Has a delicious natural orange flavor

EFA Liquid is a unique blend of fish, flax, and evening primrose seed oils that helps to promote optimal health and well-being. Fish oils provide omega-3 fatty acids that help to support brain function and cardiovascular health. DHA is the most abundant omega-3 fatty acid in the brain, and both DHA and EPA are found in nerve cells. Flax and evening primrose oils provide the omega-6 fatty acids LA and GLA that support optimal skin health and hydration.\*

### Supplement Facts

Serving Size 2 Teaspoons (10 ml)/ Servings per Container 25

Each Serving Contains	%DV	
Calories	80	
Calories from Fat	75	
Total Fat	9 g	14%◆
Cholesterol	10 mg	3%
Flax ( <i>Linum usitatissimum</i> ) Seed Oil	7530 mg	†
Yielding		
ALA (Alpha-Linolenic Acid)	3766 mg	†
LA (Linoleic Acid)	1200 mg	†
Fish Oil (Sardine and Anchovy)	1000 mg	†
Yielding		
EPA (Eicosapentaenoic Acid)	160 mg	†
DHA (Docosahexaenoic Acid)	100 mg	†
Evening Primrose ( <i>Oenothera biennis</i> ) Seed Oil	280 mg	†
Yielding		
GLA (Gamma-Linolenic Acid)	28 mg	†

◆ Percent Daily Values (DV) are based on a 2000 calorie diet

\* Daily Value not established

Other ingredients: Natural orange flavor, *d*-alpha tocopheryl

### Recommended Adult Dose:

Take two teaspoons three times daily with meals, or as recommended by your healthcare practitioner.

### Size

8.5 fl oz (250 ml)

DAIRY FREE  GLUTEN FREE 

### Product Code

10402

## Multi EFA Capsules

### ESSENTIAL FATTY ACID SUPPLEMENT

#### Fish, flax, and borage seed oil combination

- Supports the development of the brain, eyes, and nerves in children and adolescents\*
- Supports cardiovascular health and cognitive function\*
- 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 promotes proper brain and eye development and visual acuity in young children. 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.\*

#### Supplement Facts

Serving Size 2 Capsules/ Servings per Container 45

Each Serving Contains		%DV
Calories	25	
Calories from Fat	20	
Total Fat	2.5 g	4%◆
Cholesterol	5 mg	2%
Protein	<1 g	1%◆
▲Fish Oil (Anchovy and Sardine)	800 mg	†
▲Flax ( <i>Linum usitatissimum</i> ) Seed Oil	800 mg	†
▲Borage ( <i>Borago officinalis</i> ) Seed Oil	800 mg	†
▲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	†

◆ Percent Daily Values (DV) are based on a 2000 calorie diet

† Daily Value not established

Other ingredients: Gelatin, glycerin, purified water, natural mixed tocopherols

#### Recommended Adult Dose

Take two capsules two times daily with meals, or as recommended by your healthcare practitioner.

#### Size

90 Softgel Capsules

#### Product Code

10430

DAIRY FREE GLUTEN FREE



## Omega 800

### ESSENTIAL FATTY ACID SUPPLEMENT

#### 800 mg of EFA per capsule

- Provides 525 mg of EPA and 275 mg of DHA per capsule
- Supports cognitive health and brain function\*
- Promotes optimal cardiovascular health\*
- Supports healthy serum triglyceride levels already in the normal range\*
- Promotes a healthy mood balance\*

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.\*

#### Supplement Facts

Serving Size 1 Capsule/ Servings per Container 60

Each Serving Contains		%DV
Calories	13	
Calories from Fat	11	
Total Fat	1.5 g	2%◆
Cholesterol	10 mg	3%
Fish Oil (Anchovy and Sardine)	1250 mg	†
Yielding		
EPA (Eicosapentaenoic Acid)	525 mg	†
DHA (Docosahexaenoic Acid)	275 mg	†

◆ Percent Daily Values (DV) are based on a 2000 calorie diet

† Daily Value not established

Other ingredients: Fish gelatin (tilapia), glycerin, purified water, natural orange flavor, natural mixed tocopherols

#### Recommended Dose

**Adults and Children (12 years and older):** Take one capsule two times daily with meals, or as recommended by your healthcare practitioner.

#### Size

60 Softgel Capsules

#### Product Code

10464



## Omega EFA Liquid

### ESSENTIAL FATTY ACID SUPPLEMENT

#### Promotes mood health and supports healthy joints

- May help to promote healthy mood balance in adults\*
- May help support joint health in adults\*
- Helps to maintain healthy serum triglyceride levels already in the normal range\*
- Promotes cardiovascular health in adults\*
- Provides 1915 mg of EPA and 1005 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 optimal joint health and maintaining cardiovascular health.\*

#### Supplement Facts

Serving Size 1-18 years: ½ Teaspoon (2.5 ml); 19+ years: 1 Teaspoon (5 ml)

Servings per Container 1-18 years: 60; 19+ years: 30

Each Teaspoon Contains	% DV		
	for Adults 19+ Years (1 Teaspoon)	for Children and Adolescents 4-18 Years (½ Teaspoon)	for Children 1-3 Years (½ Teaspoon)
Calories	40		
Calories from Fat	40		
Total Fat	4.5 g	7%◆	4%◆
Saturated Fat	0.5 g	1%◆	1%◆
Cholesterol	<5 mg	2%	1%
Fish Oil (Anchovy)	4569 mg	†	†
Yielding			
EPA (Eicosapentaenoic Acid)	1915 mg	†	†
DHA (Docosahexaenoic Acid)	1005 mg	†	†
Total Omega-3 Fatty Acids	3425 mg	†	†

◆ Percent Daily Values (DV) are based on a 2000 calorie diet

† Daily Value not established

Other Ingredients: Orange oil, natural mixed tocopherols

#### Recommended Dose

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

#### Size

5.1 fl oz (150 ml)

#### Product Code

10469



## SEP EFA

### ESSENTIAL FATTY ACID SUPPLEMENT

#### EPA and DHA to support cardiovascular and brain health\*

- Supports already healthy serum triglyceride levels in adults\*
- Promotes cardiovascular health\*
- Supports brain health and cognitive function\*
- 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 that helps 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 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 serum triglycerides. 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 optimal cognitive health.\*

#### Supplement Facts

Serving Size 2 Capsules/ Servings per Container 45

Each Serving Contains		%DV
Calories	20	
Calories from Fat	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 (Anchovy, Sardine and Salmon)	2100 mg	†
Yielding		
EPA (Eicosapentaenoic Acid)	360 mg	†
DHA (Docosahexaenoic Acid)	240 mg	†

◆ Percent Daily Values (DV) are based on a 2000 calorie diet

† Daily Value not established

Other ingredients: Gelatin, glycerin, purified water, alpha tocopherol

#### Recommended Dose

**Adults and Children (12 years and older):** Take two capsules three times daily with meals, or as recommended by your healthcare practitioner.

#### Size

90 Softgel Capsules



#### Product Code

10403





## Super DHA Liquid

### ESSENTIAL FATTY ACID SUPPLEMENT

#### Supports healthy brain function with a 4.6:1 Ratio of DHA to EPA\*

- Provides 1,200 mg of DHA and 260 mg EPA per teaspoon
- Supports brain health and cognitive function\*
- 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 1160 mg of DHA supported cognitive function, including working memory and reaction time.\*

#### Supplement Facts

Serving Size 1 Teaspoon (5 ml)/ Servings per Container 30

Each Teaspoon Contains		%DV
Calories	45	
Calories from Fat	45	
Total Fat	5 g	8%◆
Saturated Fat	0.5 g	3%◆
Cholesterol	90 mg	30%
Fish Oil (Tuna)	4383 mg	†
Yielding		
EPA (Eicosapentaenoic acid)	260 mg	†
DHA (Docosahexaenoic acid)	1200 mg	†
Total Omega-3 Fatty Acids	1800 mg	†

◆ Percent Daily Values (DV) are based on a 2000 calorie diet

† Daily Value not established

Other Ingredients: Orange oil, natural mixed tocopherols

#### Recommended Dose

**Adults and Children (12 years and older):** Take one capsule two times daily with meals, or as recommended by your healthcare practitioner.

#### Size

5 fl oz (150 ml)

#### Product Code

10446



## Super EFA Liquid Plus

### ESSENTIAL FATTY ACID SUPPLEMENT WITH PLANT STEROLS

#### Combination of EPA, DHA, and plant sterols

- Helps maintain and support optimal cardiovascular health\*
- Supports healthy serum triglyceride levels already in the normal range\*
- Provides 930 mg of EPA and 685 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 serum triglyceride levels.\* Super EFA Liquid Plus provides 1.6 g of EPA and DHA and 325 mg of plant sterols per serving to help support cardiovascular health.\*

#### Supplement Facts

Serving Size 2 Capsules/ Servings per Container 60

Each Teaspoon Contains		%DV
Calories	40	
Calories from Fat	40	
Total Fat	4.5 g	7%◆
Saturated Fat	1 g	5%◆
Cholesterol	45 mg	15%
Fish Oil (Sardine and Anchovy)	4137.5 mg	†
Yielding		
EPA (Eicosapentaenoic Acid)	930 mg	†
DHA (Docosahexaenoic Acid)	685 mg	†
Total Omega-3 Fatty Acids	1860 mg	†
Plant Sterol Esters (from <i>Pinus sp.</i> / <i>Helianthus annuus</i> )	325 mg	†

◆ Percent Daily Values (DV) are based on a 2000 calorie diet

† Daily Value not established

Other Ingredients: Orange oil, natural mixed tocopherols

#### Recommended Adult Dose

Take one teaspoon daily with a meal, or as recommended by your healthcare practitioner. If preferred, Super EFA Liquid Plus can be mixed with juice or water. Shake well before each use.

#### Size

7.6 fl oz (225 ml)

#### Product Code

10447



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

ESSENTIAL FATTY ACID FORMULA

### Cardiovascular Support\*

- 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 serum triglyceride levels already in the normal range\*
- Promotes optimal cardiovascular health\*

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 optimal 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 already healthy triglyceride levels by regulating fat metabolism. In a randomized, placebo-controlled trial involving 67 adults, supplementation with 1.56 g of EPA and DHA daily for 12 weeks promoted healthy serum triglyceride levels.\*

### Supplement Facts

Serving Size 1 Teaspoon (5 ml)/ Servings per Container 40

Each Serving Contains		%DV
Calories	40	
Calories from Fat	40	
Total Fat	4.5 g	7%◆
Saturated Fat	1 g	4%◆
Cholesterol	45 mg	15%
Fish Oil (Anchovy and Sardine)	4530 mg	†
Yielding		
EPA (Eicosapentaenoic Acid)	930 mg	†
DHA (Docosahexaenoic Acid)	710 mg	†
Total Omega-3 Fatty Acids	1960 mg	†
Coenzyme Q <sub>10</sub> (bacterial fermentation)	50 mg	†

◆ Percent Daily Values (DV) are based on a 2000 calorie diet  
† Daily Value not established

Other ingredients: Orange oil, natural mixed tocopherols

### Recommended Adult Dose

Take one teaspoon daily with a meal or as recommended by your healthcare practitioner.

#### Size

6.8 fl oz (200 ml)

#### Product Code

10572



## Super EFA Liquid *Plus D*

ESSENTIAL FATTY ACID FORMULA

### Vitamin D, EPA, and DHA

- Provides 950 mg of EPA and 725 mg of DHA per teaspoon
- Supports optimal cardiovascular health\*
- Promotes brain health and cognitive function\*
- Supports the development of the brain, eyes, and nerves in children\*
- Provides 1000 IU of vitamin D<sub>3</sub> per teaspoon
- Aids in the development and maintenance of healthy bones and teeth\*

Super EFA Liquid *Plus D* is a combination of vitamin D and essential omega-3 fatty acids that helps to maintain optimal 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 neuron function, indicating their beneficial effect on cognitive health.\*

### Supplement Facts

Serving Size 1-8 years: ½ Teaspoon (2.5 ml); 9+ years: 1 Teaspoon (5 ml)

Servings per Container 1-8 years: 80; 9+ years: 40

Each Teaspoon Contains		% DV for Adults and Adolescents 9+ Years (1 Teaspoon)	% DV for Children 4-8 Years (½ Teaspoon)	% DV for Children 1-3 Years (½ Teaspoon)
Calories	40			
Calories from Fat	40			
Total Fat	4.5 g	7%◆	4%◆	†
Saturated Fat	1 g	4%◆	2%◆	†
Cholesterol	45 mg	15%	8%	†
Vitamin D (cholecalciferol)	1000 IU	250%	125%	125%
Fish Oil (Anchovy & Sardine)	4560 mg	†	†	†
Yielding				
EPA (Eicosapentaenoic Acid)	950 mg	†	†	†
DHA (Docosahexaenoic Acid)	725 mg	†	†	†
Total Omega-3 Fatty Acids	1975 mg	†	†	†

◆ Percent Daily Values (DV) are based on a 2000 calorie diet  
† Daily Value not established

Other Ingredients: Orange oil, natural mixed tocopherols

### Recommended Dose

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

#### 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

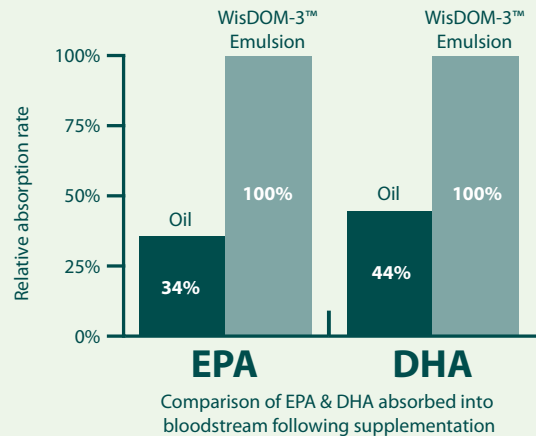
During the development of WisdOM-3™ it was discovered in a pilot study\* that we normally absorb less than 50% of the omega-3 contained in standard cod liver oil or fish oil. However, if the fish oil is emulsified using WisdOM-3™, then both the rate of absorption of EPA and DHA increase: 3X for EPA and 2X for DHA.

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. However, the problem with the most important omega-3s, EPA and DHA, is that they are very long molecules and our digestive tract finds them much more difficult to digest and absorb. The result is that over half are left behind and not absorbed, and is probably the reason why people often complain of 'repeating' after taking cod liver and other fish oils.

## 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.



## Berry DHA

### ESSENTIAL FATTY ACID SUPPLEMENT

#### Emulsified DHA and EPA formula high in vitamin C

- Helps to maintain optimal cardiovascular health\*
- Helps to support already healthy serum triglyceride levels\*
- Helps to support optimal cognitive function\*
- Helps to support brain, eye, and nerve development in children and adolescents\*
- Provides 600 mg of DHA and 296 mg of EPA per serving
- Provides 30 mg of anthocyanins and 50 mg of vitamin C per serving
- Provides a delicious combination of natural berry and tropical fruit flavors

Berry DHA combines omega-3 fatty acids, anthocyanins, and vitamin C in a powerful formula that supports optimal 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 by promoting fatty acid metabolism. Berry DHA is high in vitamin C, an antioxidant that helps to maintain optimal immune functioning and supports healthy growth and repair of body tissues. Anthocyanins also provide antioxidant protection and support optimal immune and cardiovascular health.\*

#### Supplement Facts

Serving Size 2 Teaspoons (10 ml)/ Servings per Container 22

Each Serving Contains		% DV	% DV
		for Adults and Children 4+ Years	for Children 1-3 Years
Calories	45		
Calories from Fat	25		
Total Fat	2.5 g	4%◆	†
Total Carbohydrate	5 g	2%◆	†
Sugars	3 g	†	†
Vitamin C (ascorbic acid)	50 mg	83%	125%
Fish Oil (Tuna, Sardine and Anchovy)	2556 g	†	†
Yielding			
DHA (Docosahexaenoic acid)	600 mg	†	†
EPA (Eicosapentaenoic acid)	296 mg	†	†
Total Omega-3 Fatty Acids	1086 mg	†	†
Wild Berry-Apple Concentrate [Black currant ( <i>Ribes nigrum</i> ) fruit, European elder ( <i>Sambucus nigra</i> ) fruit, Bilberry ( <i>Vaccinium myrtillus</i> ) fruit, Chokeberry ( <i>Aronia melanocarpa</i> ) fruit, Apple ( <i>Malus pumila</i> ) fruit]	1000 mg	†	†
Yielding			
Anthocyanins	30 mg	†	†

◆ Percent Daily Values (DV) are based on a 2000 calorie diet

† Daily Value not established

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

#### Recommended Dose

**Adults and Children (1 year and older):** Take two teaspoons once daily with a meal or as recommended by your healthcare practitioner. 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

### ESSENTIAL FATTY ACID SUPPLEMENT

#### Emulsified EPA and DHA Formula

- Provides omega-3 fatty acids for optimal health\*
- Supports cognitive health and brain function, and the development of the brain, eyes, and nerves in children and adolescents\*
- Helps maintain and support optimal cardiovascular health and helps to support already healthy serum triglyceride levels\*
- Provides 500 mg of EPA and 375 mg of DHA per serving
- Provides 30 mg of anthocyanins per serving
- Delicious combination of natural berry and tropical fruit flavors

Berry EFA Plus is a unique combination of omega-3 fatty acids and antioxidants that helps to support optimal cardiovascular health. Recent research suggests that DHA and EPA support already healthy triglyceride levels by promoting healthy fatty acid metabolism. In a randomized, placebo-controlled trial, supplementation with 1.28 g of DHA and EPA daily for 12 weeks supported healthy serum triglyceride levels within a normal range. Berry EFA Plus provides 875mg of DHA and EPA, is high in vitamin C, and contains 30 mg of anthocyanins per serving.

#### Supplement Facts

Serving Size 2 Teaspoons (10 ml)/ Servings Per Container 30

Each Serving Contains	%DV	
Calories	45	
Calories from Fat	25	
Total Fat	2.5 g	5%◆
Saturated Fat	0.5 g	5%◆
Cholesterol	25 mg	5%
Sodium	40 mg	2%
Total Carbohydrate	4 g	1%◆
Sugars	2 g	*
Vitamin C (ascorbic acid)	50 mg	83%
Fish Oil (Sardine and Anchovy oils)	2554 mg	†
Yielding		
EPA (Eicosapentaenoic acid)	500 mg	†
DHA (Docosahexaenoic acid)	375 mg	†
Wild Berry and Apple Concentrate	1000 mg	†
Yielding		
Anthocyanins	30 mg	†

◆ Percent Daily Values (DV) are based on a 2000 calorie diet

† Daily Value not established

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

#### Recommended Adult Dose:

Take two teaspoons two times daily with meals or as recommended by your healthcare practitioner. If preferred, Berry EFA Plus can be mixed with juice or water.

#### Size

10 fl oz (300 ml)



#### Product Code

10448



## Fruit EFA

### ESSENTIAL FATTY ACID SUPPLEMENT

#### Emulsified EPA and DHA for the maintenance of good health

- Supports optimal cognitive health and brain function\*
- Supports brain, eye, and nerve development in children and adolescents\*
- Helps maintain cardiovascular health and supports healthy triglyceride levels already in the normal range\*
- Provides 560 mg of EPA and 410 mg of DHA per serving
- Comes in a delicious combination of natural berry and tropical fruit flavors

Fruit EFA provides a combination of omega-3 fatty acids that support optimal cardiovascular health and cognitive function. EPA and DHA may play a role in regulating fatty acid metabolism. In a randomized, placebo-controlled trial involving 67 adults, supplementation with 1.92 g of EPA and DHA daily for 12 weeks supported healthy serum triglyceride levels. Research suggests that fish oil supplementation may help to maintain optimal neural functioning, which in turn supports healthy cognition. DHA also helps to support pre- and postnatal brain development, proper eye structure, and normal visual acuity. Fruit EFA comes in a delicious liquid form that provides an alternative to difficult-to-swallow capsules.

#### Supplement Facts

Serving Size 2 Teaspoons (10 ml)/ Servings per Container 30

Each Serving Contains		% DV for Adults and Children 4+ Years	% DV for Children 1-3 Years
Calories	45		
Calories from Fat	25		
Total Fat	2.5 g	4%◆	†
Saturated Fat	0.5 g	3%◆	†
Polyunsaturated Fat	1.5 g	†	†
Cholesterol	25 mg	8%	†
Total Carbohydrate	5 g	2%◆	†
Sugars	5 g	†	†
Vitamin A	160 IU	3%	6%
Vitamin C	58 mg	97%	145%
Fish Oil (Anchovy and Sardine)	2554 mg	†	†
Yielding			
EPA (Eicosapentaenoic Acid)	560 mg	†	†
DHA (Docosahexaenoic Acid)	410 mg	†	†

◆ Percent Daily Values (DV) are based on a 2000 calorie diet  
† Daily Value not established

Other ingredients Concentrated pineapple and orange juices, modified corn starch, purified water, fructose, mango and banana purees, hydroxypropyl alginate, ascorbic acid, pineapple and vanilla flavors, acacia gum, natural mixed tocopherols, potassium sorbate

#### Recommended Adult Dose

**Adults and Children (9 years and older):** Take two teaspoons two times daily with meals, or as recommended by your healthcare practitioner. **Children (1-8 years):** Take two teaspoons once daily with a meal, or as recommended by your healthcare practitioner. If preferred, Fruit EFA can be mixed with juice or water.

#### Size

10 fl oz (300 ml)



#### Product Code

10417

## Krill Oil

### ESSENTIAL FATTY ACID SUPPLEMENT

#### EPA and DHA for the maintenance of good health

- Provides 139 mg of EPA and 81 mg of DHA per day
- Provides 417 mg of phospholipids and 1,125 mcg of esterified astaxanthin per day
- Supports overall health and well-being\*

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. In one randomized trial involving 267 adults, supplementation of 1g of krill oil (providing 200 mg of combined EPA and DHA) for 12 weeks maintained overall health as compared to placebo.\*

#### Supplement Facts

Serving Size 2 Capsules/ Servings per Container 30

Each Serving Contains		%DV
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%◆
Saturated Fat	0.5 g	1%◆
Cholesterol	10 mg	4%
Krill ( <i>Euphausia superba</i> ) Body Oil	1000 mg	†
Yielding		
EPA (Eicosapentaenoic Acid)	130 mg	†
DHA (Docosahexaenoic Acid)	70 mg	†
Total Omega-3 Fatty Acids	240 mg	†
Phospholipids	390 mg	†
Esterified Astaxanthin	750 mcg	†

◆ Percent Daily Values (DV) are based on a 2000 calorie diet  
† Daily Value not established

Other Ingredients: Fish gelatin (tilapia). Contains Crustacean shellfish (Krill), fish (tilapia)

#### Recommended Adult Dose

Take two capsules daily, or as recommended by your healthcare practitioner.

#### Size

60 Capsules

#### Product Code

10432



## Phos Choline

### PHOSPHOLIPID SUPPLEMENT

#### Concentrated lecithin-derived phospholipid formula

- Provides 2,880 mg of phosphatides per day
- Supports optimal liver health\*

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 promotes optimal liver health.\*

#### Supplement Facts

Serving Size 2 Capsules/ Servings per Container 45

Each Serving Contains		%DV
Calories	25	
Calories from Fat	15	
Total Fat	1.5 g	3%◆
Saturated Fat	0.5 g	2%◆
Soy Lecithin (from <i>Glycine max</i> bean)	2400 mg	†
Yielding		
Phosphatides	1440 mg	†

◆ Percent Daily Values (DV) are based on a 2000 calorie diet

† Daily Value not established

Other ingredients: Bovine gelatin, glycerin, purified water

#### Recommended Adult Dose

Take two capsules two times daily with meals, or as recommended by your healthcare practitioner.

#### Size

90 Softgel Capsules

#### Product Code

10526



## Phosphatidylserine

### PHOSPHOLIPID SUPPLEMENT

#### Supports cognitive function\*

- Provides 900 mg of phosphatidylserine per day

Phosphatidylserine (PS) is a phospholipid found in neuronal cell membranes that may help support optimal cognitive function. 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 increase 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

Each Serving Contains		%DV
Soy Lecithin (from <i>Glycine max</i> bean)	200 mg	†
Yielding		
Phosphatidylserine	100 mg	†

† Daily Value not established

Other Ingredients: Hypromellose, cellulose, silica, magnesium silicate, magnesium stearate.

Contains: Soy

#### Recommended Adult Dose

Take three capsules two times daily with meals, or as recommended by your healthcare practitioner.

#### Size

30 Vegetable Capsules

#### Product Code

10580





GENESTRA BRANDS

# 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 through land source (i.e. plants) or aquatic (i.e. micro-algae). Plant oils provide an excellent alternative for those with fish oil sensitivities, vegans and vegetarians.

### 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.

### 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.

#### 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.

### Phytosterols

Phytosterols are naturally found in very small amounts in all types of unrefined plant oils such as olive oil and sunflower oil. Products containing at least 0.65 g per serving of plant sterol esters, eaten twice a day with meals for a daily total intake of at least 1.3 g, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.

### Algal Oils

Micro-algae production may have many cost-effective advantages over traditional land-based oil-seed crops such as: increased yield through high oil body weight content; and quick growth equating to frequent harvesting.



## Plant Oil Comparison Chart

PRODUCT	EFA PER CAPSULE	BENEFITS
<b>Biotone EFA</b> 100 softgel capsules	18 mg of ALA 174 mg of LA 112 mg of phytosterols	Helps lower blood total and LDL cholesterol
<b>CLA 700</b> 60 softgel capsules	630 mg of CLA	Derived from safflower oil
<b>Col-Sterol</b> 60 softgel capsules	650 mg of plant sterol esters	Daily intake of at least 1.3 g of plant sterol esters, in two meals, may reduce the risk of heart disease, when part of a diet low in saturated fat and cholesterol
<b>DHA/EPA Vegan</b> 60 vegetable 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 (Organic)</b> 90 softgel capsules	550 mg of ALA 150 mg of LA 160 mg of OA	Blend of omega-3, -6 and -9
<b>GLA 90 Black Currant Oil</b> 90 softgel capsules	85 mg of GLA 215 mg of LA	17% GLA per capsule
<b>GLA 130 Primrose Oil</b> 90 softgel capsules	130 mg of GLA 960 mg of LA	10% GLA per capsule
<b>Neurogen DHA</b> 30 vegetable capsules	100 mg of DHA	Derived from micro-algae
<b>Organic Vegan EFA Liquid</b> 300 ml liquid	Contains ALA and LA	Derived from micro-algae
<b>Perilla EFA</b> 90 softgel capsules	550 mg of ALA 150 mg of LA	55% ALA per capsule
<b>Super Neurogen DHA</b> 30 softgel capsules	200 mg of DHA	Contains a mixture of oils including flax seed, hemp seed, camelina, pumpkin, coconut and black cumin

## Biotone EFA

### ESSENTIAL FATTY ACID SUPPLEMENT

#### Combination of Free Plant Sterols from *Glycine Max Bean (Soy Bean)*

- Helps to support total and LDL cholesterol levels already within the normal range\*
- Provides antioxidants and essential fatty acids to support optimal health\*
- Provides 896 mg of free plant sterols per daily serving
- Includes 10 IU of mixed tocopherols per daily serving
- Provides 1392 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 that helps to support and maintain optimal health.\* Free form plant sterols may help to promote already healthy dietary cholesterol metabolism.\* Products containing at least 400 mg per serving of plant sterols, taken twice a day with meals for a daily total intake of at least 800 mg, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of Biotone EFA supplies 448 mg of plant sterols.

#### Supplement Facts

Serving Size 4 Capsules/ Servings per Container 25

Each Serving Contains	% DV
Calories	15
Calories from Fat	10
Total Fat	1 g 2%◆
Protein	<1 g 1%◆
Vitamin E ( <i>d</i> -alpha-tocopherol / mixed tocopherol concentrate)	5 IU 17%
Safflower ( <i>Carthamus tinctorius</i> ) Seed Oil ▲	1020 mg *
Flaxseed ( <i>Linum usitatissimum</i> ) Oil ▲	144 mg *
Yielding	
Alpha-Linolenic Acid	72 mg *
▲ Total Linoleic Acid	696 mg *
Free Plant Sterols (from <i>Glycine max</i> bean)	
(95% combined: beta-sitosterol, campesterol, stigmasterol)	448 mg *
Soy Lecithin (from <i>Glycine max</i> 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	1960 mcg *

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

† Daily Value not established

#### Recommended Adult Dose

Take two capsules two times daily or as recommended by your healthcare practitioner.

#### Size

100 Softgel Capsules

#### Product Code

10400

DAIRY FREE GLUTEN FREE



## CLA 700

### CONJUGATED LINOLEIC ACID SUPPLEMENT

#### Body composition support\*

- May help to support a healthy body composition and weight, in combination with a healthy diet and an active lifestyle\*
- May promote healthy lean mass, in conjunction with a healthy diet and an active lifestyle\*
- 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.\*

#### Supplement Facts

Serving Size 3 Capsules/ Servings per Container 20

Each Serving Contains		%DV
Calories	30	
Calories from Fat	30	
Total Fat	3 g	5%◆
Protein	<1 g	1%◆
CLA (Conjugated Linoleic Acid)	1890 mg	†

◆ Percent Daily Values (DV) are based on a 2000 calorie diet  
 † Daily Value not established

Other Ingredients: Gelatin, safflower oil, glycerin, carob color, purified water

#### Recommended Adult Dose

Take three capsules two times daily with meals, or as recommended by your healthcare practitioner. Consult your healthcare practitioner for use beyond six months.

#### Size

60 Softgel Capsules

#### Product Code

10591



## Col-Sterol

### PLANT STEROL SUPPLEMENT

#### Combination of *Brassica napus* plant sterols

- Supports optimal cardiovascular health\*
- Promotes healthy total and low density lipoprotein (LDL) cholesterol levels already within the normal range\*
- 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 and LDL cholesterol levels already within the normal range. Plant sterols support healthy cholesterol metabolism, and may have an impact on dietary 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 healthy total cholesterol and LDL levels.\* 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.

#### Supplement Facts

Serving Size 1 Capsule/ Servings per Container 60

Each Capsule Contains		%DV
Plant Sterol Esters (from <i>Brassica napus</i> oil)		
(80% combined: beta-sitosterol, campesterol, stigmasterol)	650 mg	†

† Daily Value not established

Other Ingredients: Bovine gelatin, glycerin, natural mixed tocopherols

#### Recommended Adult Dose

Take one capsule two times daily with meals, or as recommended by your healthcare practitioner.

#### Size

60 Softgel Capsules

#### Product Code

10562





## DHA/EPA Vegan

### ESSENTIAL FATTY ACID SUPPLEMENT

#### Algae-derived omega-3 fatty acids to support optimal health

- Provides 720 mg of DHA and 400 mg of EPA per two capsules
- Helps to maintain optimal cardiovascular health\*
- Supports healthy serum triglyceride levels already in the normal range\*
- Supports the development of brain, eyes, and nerves in children

DHA/EPA Vegan is a unique blend of omega-3 fatty acids that supports optimal brain, eye, and cardiovascular health. Algae-derived oils provide a vegan-friendly omega-3 source with little environmental impact. Recent research indicates that DHA derived from algal oil helps to support already normal serum triglyceride levels in healthy adults. In a randomized, placebo-controlled trial involving 106 healthy vegetarian adults, daily supplementation with 940 mg of algae-derived omega-3 fatty acids supported healthy triglyceride levels after eight weeks. In addition to supporting cardiovascular health, DHA and EPA also promote optimal brain and eye health. DHA supports healthy pre- and postnatal brain development, and it promotes proper retinal development and visual acuity in young children.\*

#### Supplement Facts

Serving Size 2 Capsules/ Servings per Container 30

Each Serving Contains	%DV	
Calories	10	
Calories from Fat	10	
Total Fat	1.5 g	2%◆
Saturated Fat	0.5 g	1%◆
Algal Oil (from <i>Schizochytrium</i> sp.)	1390 mg	†
Yielding		
DHA (Docosahexaenoic Acid)	360 mg	†
EPA (Eicosapentaenoic Acid)	200 mg	†

◆ Percent Daily Values (DV) are based on a 2000 calorie diet

† Daily Value not established

Other Ingredients: Hypromellose, sunflower oil, sunflower lecithin, rosemary extract, natural mixed tocopherols, ascorbyl palmitate, silica

#### Recommended Adult Dose

Take two capsules two to three times daily or as recommended by your healthcare practitioner.

#### Size

60 Vegetable Capsules

#### Product Code

10468



## Organic Flax Oil Capsules

### ESSENTIAL FATTY ACID SUPPLEMENT

#### Omega-3 rich fatty acid formula for optimal health

- Provides essential fatty acids, including omega-3 fatty acids and ALA
- Supports overall health and well-being\*
- Comes in a delicious pineapple flavor

Flax is a plant source of the omega-3 fatty acid alpha linolenic acid (ALA) and the omega-6 fatty acid linolenic acid (LA). ALA is metabolized to EPA and DHA. Recent research suggests that daily supplementation with flaxseed oil for over 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.\*

#### Supplement Facts

Serving Size 1 Capsule/ Servings per Container 90

Each Capsule Contains	%DV	
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%◆
Organic Flax ( <i>Linum usitatissimum</i> ) Seed Oil	1000 mg	†
Yielding		
ALA (Alpha-Linolenic Acid)	550 mg	†
LA (Linoleic Acid)	150 mg	†
OA (Oleic Acid)	160 mg	†

◆ Percent Daily Values (DV) are based on a 2000 calorie diet

† Daily Value not established

Other Ingredients: Gelatin, glycerin, purified water

#### Recommended Adult Dose

Take one capsule two times daily with meals, or as recommended by your healthcare practitioner. If you have a bleeding disorder, consult your healthcare practitioner prior to use.

#### Size

90 Softgel Capsules

#### Product Code

10416



## GLA 90 Black Currant Oil

ESSENTIAL FATTY ACID SUPPLEMENT

### Combination of omega-6 and omega-3 fatty acids to maintain health\*

- Provides 860 mg of LA and 340 mg of GLA per serving
- Includes 260 mg of ALA per serving
- Promotes optimal skin health\*
- Supports overall health\*

Black currant oil is a natural source of omega-6 and omega-3 fatty acids that help to maintain optimal health and well-being.\* 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 mediating collagen production in the skin.\* In a recent study of 40 healthy adults, supplementation with 2 g of blackcurrant seed oil for three months supported skin health and moisture levels in forearm and cheek skin.\*

### Supplement Facts

Serving Size 2 Capsules/ Servings per Container 45

Each Serving Contains		%DV
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%◆
Black Currant ( <i>Ribes nigrum</i> ) Seed Oil	1000 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	†

◆ Percent Daily Values (DV) are based on a 2000 calorie diet  
 † Daily Value not established

Other Ingredients: Gelatin, glycerin, purified water

### Recommended Adult Dose

Take two capsules two times daily, away from meals, or as recommended by your healthcare practitioner.

### Size

90 Softgel Capsules

### Product Code

10415



## GLA 130 Primrose Oil

ESSENTIAL FATTY ACID SUPPLEMENT

### Omega-6 fatty acids to maintain health\*

- Provides 1,920 mg of LA and 260 mg of GLA per daily dose
- Promotes optimal health and well-being\*

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 linolenic 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 Capsule/ Servings per Container 90

Each Capsule Contains		%DV
Calories	15	
Calories from Fat	10	
Total Fat	1.5 g	2%◆
Polyunsaturated Fat	1 g	†
Evening Primrose ( <i>Oenothera biennis</i> ) Seed Oil	1300 mg	†
Yielding		
GLA (Gamma-Linolenic Acid)	130 mg	†
LA (Linoleic Acid)	960 mg	†
OA (Oleic Acid)	70 mg	†
PA (Palmitic Acid)	78 mg	†

◆ Percent Daily Values (DV) are based on a 2000 calorie diet  
 † Daily Value not established

Other Ingredients: Bovine gelatin, glycerin, purified water, *d*-alpha tocopheryl acetate

### Recommended Adult Dose

Take one capsule two times daily with meals, or as recommended by your health care practitioner.

### Size

90 Softgel Capsules

### Product Code

10414



## Neurogen DHA

### ESSENTIAL FATTY ACID SUPPLEMENT

#### A vegan-friendly blend of DHA and vitamin E

- Provides 200 mg DHA from algal oil per day
- Provides 40 IU of vitamin E per day
- Supports healthy cognitive and neurological function\*
- Provides antioxidants to promote overall health\*
- Excellent source of the antioxidant vitamin E

Neurogen DHA is a combination of the omega-3 fatty acid DHA and vitamin E that helps to support cognitive health.\* Algae-derived oils provide a vegan-friendly omega-3 source that may be lacking in the typical vegan/vegetarian diet and has minimal impact on the ocean ecosystem. Vitamin E serves as an antioxidant to support and maintain good health.\* DHA, the most abundant omega-3 polyunsaturated fatty acid in the brain, is found in neuronal synapses, indicating a role in cognitive and neurological functioning.\* DHA metabolites may help to maintain healthy neural cell activity.\*

#### Supplement Facts

Serving Size 1 Capsule/ Servings per Container 30

Each Capsule Contains	%DV	
Calories	5	
Total Carbohydrate	<1 g	<1%◆
Vitamin E ( <i>d</i> -alpha tocopheryl acetate)	20 IU	67%◆
Algal Oil ( <i>Schizochytrium sp.</i> )	250 mg	†
Yielding		
DHA (Docosahexaenoic Acid)	100 mg	†

◆ Percent Daily Values (DV) are based on a 2000 calorie diet

† Daily Value not established

Other Ingredients: Hypromellose, silica, magnesium stearate

#### Recommended Adult Dose

Take one capsule two times daily with meals, or as recommended by your health care practitioner.

#### Size

30 Vegetable Capsules

#### Product Code

10590



## Super Neurogen DHA

### ESSENTIAL FATTY ACID SUPPLEMENT

#### Algae-derived DHA capsules

- Supports neuronal health\*
- Provides 400 mg DHA from algal oil per day

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.\*

#### Supplement Facts

Serving Size 1 Capsule/ Servings per Container 30

Each Capsule Contains	%DV	
Calories	5	
Calories from Fat	5	
Total Fat	0.5 g	<1%◆
Algal Oil (from <i>Schizochytrium sp.</i> )	606 mg	†
Yielding		
DHA (Docosahexaenoic Acid)	200 mg	†

◆ Percent Daily Values (DV) are based on a 2000 calorie diet

† Daily Value not established

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

Contains: Soy

#### Recommended Adult Dose

Take one capsule two times daily with meals, or as recommended by your healthcare practitioner.

#### Size

30 Softgel Capsules

#### Product Code

10585



## Perilla EFA

### ESSENTIAL FATTY ACID SUPPLEMENT

**Plant-derived omega-3 and omega-6 fatty acids help maintain overall health\***

- Provides 1650 mg of ALA and 450 mg of LA per day

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.\*

**Supplement Facts**

Serving Size 3 Capsules/ Servings per Container 30

Each Serving Contains		%DV
Calories	30	
Calories from Fat	25	
Total Fat	3 g	4%◆
Protein	< 1 g	2%◆
Perilla ( <i>Perilla frutescens</i> ) Seed Oil	3000 mg	†
Yielding		
ALA (Alpha-Linolenic Acid)	1650 mg	†
LA (Linoleic Acid)	450 mg	†
OA (Oleic Acid)	390 mg	†

◆ Percent Daily Values (DV) are based on a 2000 calorie diet

† Daily Value not established

Other Ingredients: Bovine gelatin, glycerin, purified water

**Recommended Adult Dose**

Take three capsules daily with a meal, or as recommended by your healthcare practitioner.

**Size**

90 Softgel Capsules

**Product Code**

10434



## Organic Vegan EFA Liquid

### ESSENTIAL FATTY ACID SUPPLEMENT

**Vegan combination of organic plant oils**

- Provides essential fatty acids, including omega-3 fatty acids and ALA
- Supports overall health and well-being\*
- Comes in a delicious pineapple flavor

Organic Vegan EFA Liquid is a great-tasting blend of organic plant oils that promotes overall health and well-being. Flaxseed oil is a natural source of the omega-3 fatty acid ALA. Hempseed, pumpkinseed, and black cumin seed oil all provide the omega-6 fatty acid LA. Coconut oil contains medium chain saturated fatty acids, which are preferentially metabolized for cellular energy production and not cholesterol synthesis. Omega-6 fatty acids, especially coconut oil, help support normal epithelial cell function and help maintain healthy skin hydration. L-arginine in coconut oil, thymoquinone in black cumin seed oil, and beta carotene in pumpkinseed oil all serve as antioxidants to promote overall health.\*

**Supplement Facts**

Serving Size 1 Tablespoon (15 ml)/ Servings per Container 20

Each Tablespoon Contains		%DV
Calories	120	
Calories from Fat	120	
Total Fat	14 g	16%◆
Saturated Fat	2 g	7%◆
Organic Flax ( <i>Linum usitatissimum</i> ) Seed Oil	5412.3 mg	†
Organic Hemp ( <i>Cannabis sativa</i> ) Seed Oil	2705 mg	†
Organic False Flax ( <i>Camelina sativa</i> ) Seed Oil	2775 mg	†
Organic Pumpkin ( <i>Cucurbita pepo</i> ) Seed Oil	1475 mg	†
Organic Coconut ( <i>Cocos nucifera</i> ) Meat Oil	750 mg	†
Organic Black Cumin ( <i>Nigella sativa</i> ) Seed Oil	368 mg	†

◆ Percent Daily Values (DV) are based on a 2000 calorie diet

† Daily Value not established

Other Ingredients: Organic pineapple flavor, natural mixed tocopherols, organic rosemary extract, rebaudioside A (organic stevia leaf extract)

**Recommended Adult Dose**

Take one tablespoon daily or as recommended by your healthcare practitioner.

**Size**

10.1 fl oz (300 ml)

**Product Code**

10489



## Notes

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