



Biotics Research Canada • Toll Free: (800) 840-1676  
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## Optimal EFAs Caps®

**Why you may need Optimal EFAs Caps®:** Essential Fatty Acids (EFAs) are a group of fatty acids which are required for optimal health. In addition to being required for the formation of cell membranes, they are essential for cerebral and neurological development and functioning. EFAs are required for the production of hormone-like substances called Eicosanoids (Thromboxanes, Leukotrienes, Prostaglandins) which are collectively responsible for regulating blood pressure and blood viscosity along with immune and inflammatory responses. EFA imbalances are very common in modern societies, particularly those whose diet is over-reliant on grains or in those who consume an abundance of processed foods containing artificial ingredients or hydrogenated fats. EFA deficits generally occur in combination, therefore supplementation with a balanced combination of EFAs makes sense. Mood and memory alterations, neurological issues, high blood pressure, coagulation issues, altered cholesterol panels, slow wound healing, impaired growth, immune and mental deficiencies, and poor vision have all been clinically associated with EFA deficiency. Also associated are a wide variety of dermatological symptoms – everything from dry or itchy skin, eczema, psoriasis, hemorrhagic, scaly or idiopathic dermatitis, folliculitis, skin atrophy, and edema with EFA deficiencies. Children, seniors, and those consuming altered or unbalanced diets are especially prone to EFA deficiency.

**Why your healthcare practitioner recommends Optimal EFAs Caps® from Biotics Research:** **Optimal EFAs Caps®** was strategically formulated with noted researcher and author, Dr. Alex Vasquez, DC, ND, DO to provide an ideal balance of Omega-3, -6, and -9. Supplied as a unique blend of the highest quality fish, flaxseed, and borage oils that are tested for purity, collectively they provide ALA, EPA, DHA, GLA, and Oleic Acid in ratios that are optimal. Available as easy to take capsules or in a naturally flavored liquid formula, **Optimal EFAs®** are available exclusively through Biotics Research. As always, you can count on Biotics Research to offer superior nutritional products supplying "The Best of Science and Nature".

*For more information on Optimal EFAs Caps® from Biotics Research, please contact your healthcare provider*



### Supplement Facts

Serving Size: 2 Capsules Servings Per Container: 60

	Amount Per Serving	% Daily Value
Calories	20	
Calories from fat	20	
Total fat	2 g	3% †
Saturated fat	0 g	0% †
Cholesterol	5 mg	2%
Proprietary Blend	2 g	
Fish oil	*	
Flax Seed oil	*	
Borage oil	*	

† Percent Daily Values based on a 2,000 calorie diet  
\* Daily Value not established

**Other ingredients:** Capsule shell (gelatin, glycerin, water and carob), mixed tocopherols, rosemary extract and ascorbyl palmitate.

Contains ingredients derived from Sardine, Anchovy or Tuna.

#### Each Serving of Optimal EFAs Caps® provides:

ALA (Alpha-Linolenic acid).....	280 mg
EPA (Eicosapentaenoic acid).....	159 mg
DHA (Docosahexaenoic acid).....	105 mg
GLA (Gamma Linolenic acid).....	112 mg
Oleic acid.....	204 mg

**RECOMMENDATION:** Two (2) capsules two (2) times each day as a dietary supplement or as otherwise directed by a healthcare professional.

**Caution:** Not recommended for pregnant women.

#### KEEP OUT OF REACH OF CHILDREN

Store in a cool, dry area.  
Sealed with an imprinted safety seal for your protection.

NDC #55146-01407 Rev. 10/10