



# Optimal EFA Support



ND FORMULAS

*Optimal EFA Support is composed of a unique blend of omega 3-6-7-9 essential fatty acids (EFAs). EFAs may very well be the single most important dietary supplement for promoting optimal health, as they support heart health, normal cholesterol and triglyceride levels, immune system function, brain health, joint mobility, beautiful skin and hair, and a healthy modulation of the inflammatory response.\**

## Highlights of Optimal EFA Support

- **Lipase** – enzyme for enhanced digestion and absorption of fish oils
- **Vitamin E (mixed tocopherols)** – to protect the stability of the fish oils
- **Fish oils are molecularly distilled and filtered to ensure purity and to maximize the removal of metals, pesticides, PCBs and other contaminants**

All ND Formulas Formulas Meet or Exceed cGMP Quality Standards

The omega-3 fatty acids in this product are derived from fish oils in their natural triglyceride (TG) form—the same way they naturally occur in fish. Most mass-marketed fish oil supplements come in the ethylester (EE) form. Compared to the TG form the EE form is less expensive and more convenient to produce, but is not as readily recognized, digested and assimilated by the body. In order to receive the maximum benefits from omega-3 fish oil supplementation, it is critical that these fats are provided to the body in the same form that they are found naturally in fish. It is only when consumed in this natural TG form that they are most easily digested and available for the body to use. This TG advantage is especially effective at promoting healthy omega-3 levels in the body. This unique, synergistic formula provides not only the beneficial omega-3s EPA and DHA, but a blend of other EFAs including gamma linoleic acid, stearidonic acid, and oleic acid for a spectrum of highquality, health-promoting fatty acids.

This omega 3-6-7-9 formulation consists of:

- **Omega-3 Fatty Acids**
  - ▶ **Eicosapentaenoic Acid (EPA)** – beneficial for supporting a healthy brain, balanced emotions, skin health, normal cholesterol levels, and a proper inflammatory response\*
  - ▶ **Docosahexaenoic Acid (DHA)** – supports proper brain development and function, visual acuity, maintenance of normal triglyceride levels and blood pressure, eye development and a healthy pregnancy for expectant mothers\*
- **Omega-6 Fatty Acids**
  - ▶ **Gamma Linolenic Acid (GLA)** from the oil of borage seeds – essential for smooth and healthy skin, and female hormonal balance\*
- **Omega-7 and Omega-9 Fatty Acids**
  - ▶ **Stearidonic Acid and Oleic Acid** from organic virgin macadamia nut oil – these oils are touted for their ability to support healthy hair, skin and nails, as well as a healthy immune system and balanced blood sugar levels\*

## ND FORMULA'S OPTIMAL EFA SUPPORT

Optimal EFA Support delivers five beneficial fatty acids in one softgel: EPA and DHA from fish oil in its natural form, GLA from borage oil, and oleic acid and palmitoleic acid from virgin organic macadamia nut oil and borage oil. It is molecularly distilled and filtered to ensure purity and to maximize the removal of metals, pesticides, PCBs, and other contaminants. Lipase is added to enhance the digestibility and mixed tocopherols (antioxidants) are added to enhance stability of the product. Our fish oil products are a minimum 90% natural TG bound omega-3 oils.

DeltaGold® is a registered trademark of American River Nutrition, LLC and protected by US Patent Numbers 6,350,453 and 8,586,109.

**WARNING:** Consult your health care practitioner before use if you are taking blood thinning medication or are planning to have surgery.

**STORAGE:** Refrigerate after opening.



**SUGGESTED USE:** Take two softgels per day with meals, or as directed by your health care practitioner.

### Supplement Facts

Serving Size 2 softgels Servings Per Container 90			
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	20	Omega-7 Fatty Acids	
Total Fat	2 g 3%	Palmitoleic Acid	85 mg †
Cholesterol	less than 5 mg <2%	(from virgin organic macadamia nut oil)	
Omega-3 Fatty Acids (from fish oil)		Omega-9 Fatty Acids	
EPA (Eicosapentaenoic Acid)	270 mg †	Oleic Acid	400 mg †
DHA (Docosahexaenoic Acid)	180 mg †	(from virgin organic macadamia nut oil and borage oil)	
Omega-6 Fatty Acids			
GLA (Gamma Linolenic Acid) (from borage oil)	160 mg †		

**Other Ingredients:** Bovine gelatin, purified water, glycerine, annatto (color), natural lemon flavor, DeltaGold® tocopherols, lipase.

Contains fish (Alaska pollock) and tree nuts (macadamia nuts).

Distributed by: ND Formulas  
2308 Bellmore Avenue, Bellmore, NY 11710  
www.ndformulas.com



DIETARY SUPPLEMENT | 180 SOFTGELS

**\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

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