



# BioEFA™

FOOD SUPPLEMENT



**HIGH AMOUNT OF OMEGA-3**  
Each serving contains 1.030 mg of fish oil

This food supplement contains a source of omega-3 fatty acids, which contributes to the maintenance of normal blood cholesterol levels by a daily intake of 2 g of Alpha-linolenic acid <sup>[1]</sup> <sup>[2]</sup>.

Each serving contains:

- 1.030 mg of fish oil.
- 266 mg of flax seed oil.

**Ingredients:** Fish Oil, Gelatin, Flax (*Linum usitatissimum*) Seed Oil, Coating Agent (Glycerin), Borage (*Borago officinalis*) Seed Oil, Safflower (*Carthamus tinctorius*) Seed Oil, Water, Preservative (Tocopherol- Rich Extract). Contains derivatives of fish.

**Directions:** Take two (2) capsules daily with 8 oz of fluid.



<sup>[1]</sup> EFSA Journal 2009; 7(9):1252 <sup>[2]</sup> EFSA Journal 2011;9(6):2203



4Life products are not intended to diagnose, treat, cure, or prevent any disease.