

Food supplement with essential fatty acids for cardiovascular health

Do you eat oily fish at least twice a week?

Do you know the importance of essential fatty acids?

Not all fats that we eat in our diet are the same. There are fats composed of essential fatty acids (EFA) that our body needs and that must be included in our diet.

Our skin, brain, cardiovascular and immune systems need essential fatty acids in order to function correctly.

We do not include sufficient quantities of some of these essential fatty acids in our diet. One example is the omega-3 fatty acids which are found in oily fish and some other foods (linseed, walnuts, etc...)

Nutritional Information

Daily dose: Two (2) capsules
Daily doses per container: 30

Amount per daily serving

Fish oil	1030 mg
EPA/DHA	567 mg
Flaxseed oil	266 mg
Borage Seed Oil	186 mg
Safflower Seed Oil	158 mg

INSTRUCTIONS: Take two (2) capsules a day with 240 ml of fluid, preferably with your main meals.

INGREDIENTS: Fish oil, gelatin, flaxseed oil (*Linum usitatissimum*), coating agent (glycerin), borage seed oil (*Borago officinalis*), safflower seed oil (*Carthamus tinctorius*), water, preservative (extract rich in tocopherols).



60 CAPSULES • NET WEIGHT: 69,3 g

What does BioEFA provide?

BioEFA provides omega-3 fatty acids (ALA, EPA and DHA) that come from fish oil and omega-6 (GLA and CLA) that comes from flaxseed oil, borage seed oil and safflower seed oil.

The daily dose of BIOEFA provides 567 mg of EPA and DHA, omega-3 fatty acids, which help the heart function normally.

BIOEFA contains a very pure form of fish oil.

Complement your healthy lifestyle with other 4Life products to reach your nutritional goals



SPORTSPEOPLE: PRO-TF™, Glutamine Prime™, Energy Go Stix™, Fibro AMJ™, BCV™ and Renuvo™.

WEIGHT CONTROL: 4LifeTransform Burn™, SuperDetox™ and Fibre System Plus.

COMPLEMENT YOUR DIET:

Women: Nutrastart™ (as a meal replacement), Belle Vie™ and 4LifeTransform™ Woman.

Men: Nutrastart™ (as a meal substitute), MalePro™ and 4LifeTransform Man.

* from the English *Essential Fatty Acids*.

Warnings: Do not exceed the recommended daily dose. Dietary supplements should not be used as a substitute for a varied and balanced diet or a healthy lifestyle. KEEP OUT OF THE REACH OF CHILDREN. Store in a cool dry place.