

# EFA Essentials

Triglyceride-form fish oil and borage oil blend; broad essential fatty acid support<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Joint health support<sup>†</sup>
- Skin and eye support<sup>†</sup>

## BENEFITS

- Supports joint, skin and eye health<sup>†</sup>
- May support healthy tear production<sup>†</sup>

## FEATURES

- Blend of fish oil and borage oil in one dietary supplement to provide essential fatty acids
- Made with triglyceride-form fish oil and cold-pressed borage seed
- Convenient softgel capsule for easy dispensing

## VERIFIABLE SCIENCE

Extensive clinical research has indicated that essential fatty acids support the health of joints, skin and eyes. EPA, DHA and GLA support joint, skin and eye health through a broad range of mechanisms involving cytokine balance, protease activity, immune mediator activity and blood flow. The importance of GLA has been underscored by clinical studies with favorable musculoskeletal and dermatologic outcomes. While omega-3 fatty acids are utilized for the biosynthesis of prostaglandin E3, the omega-6 fatty acid, GLA, is an important precursor of prostaglandin E1.<sup>1</sup> Together, EPA, DHA and GLA help to balance eicosanoid production in diverse cell types, including chondrocytes in joints, keratinocytes of the skin and epithelial cells of the eye. EPA, DHA and GLA support joint health by maintaining healthy cytokine activity and matrix protease expression.<sup>2</sup> GLA also supports skin elasticity and hydration through promoting peripheral blood flow and nutrient delivery.<sup>3</sup> Clinical research has indicated important roles of fish oil and GLA-rich oils in maintaining moisture retention in the epithelia of the eyes.<sup>4</sup> Studies have indicated that EPA and DHA support ocular hydration through promoting healthy tear production and tear film osmolarity in normally functioning eyes.<sup>4</sup> GLA provides additional support for ocular health by maintaining mucin production and healthy tear film characteristics.<sup>5†</sup>

## SUGGESTED USE

As a dietary supplement, take 2 capsules, 1-2 times daily, with meals.

## STORAGE

Store in a cool, dry place.

## WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

## SOURCE

- Pure Encapsulations EPA/DHA products are molecularly distilled and microfiltered
- Sourced mainly from sardines and anchovies off the coast of Chile or Norway.
- Tested for contaminants including heavy metals, dioxans and furans, PCBs, peroxides and anisidine
- Borage oil is a cold-pressed oil derived from the seed and produced without the use of solvents
- The proprietary antioxidant blend is derived from a combination of rosemary extract, mixed tocopherols derived from highly purified soybean oil and ascorbyl palmitate derived from corn dextrose fermentation and palm oil

## NOTES

Size 20 softgel

Bottle count 120

Order code EFA1

Bottle size 20 oz

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## REFERENCES

1. Aragona P, et al. Invest Ophthal Visual Sci. Dec 2005;46:4474-9.
2. Adam O, et al. Rheumatol Int. 2003 Jan;23(1):27-36.
3. Brosche T, et al. Arch Gerontol Geriatr. 2000 Mar-Apr;30(2):139-50.
4. Mohammadpour M, et al. J Cur Ophthalmol. 2017;29(1), 33-8.
5. Barabino S, et al. Cornea. 2003 Mar;22(2):97-101.

## SUPPLEMENT FACTS

**2 softgel capsules, 1-2 times daily, with meals.**

**Two (size 20) softgel capsules contain:**

Calories	20
Total fat	2 g
Fish oil concentrate (from anchovies, sardines)	1,914 mg
Providing:	
EPA (eicosapentaenoic acid)	570 mg
DHA (docosahexaenoic acid)	430 mg
Other omega-3 fatty acids	130 mg
Borage ( <i>Borago officinalis</i> ) oil (seed)	300 mg
Providing:	
GLA (gamma-linolenic acid)	50 mg

Other ingredients: gelatin capsule (gelatin, glycerin, water), natural lemon flavor, proprietary natural antioxidant blend (rosemary leaf extract, natural tocopherols, ascorbyl palmitate)

**Contains fish (anchovies, sardines)**



EFA Essentials	Quantity	Order Code
	120	EFA1

Visit [PureEncapsulationsPro.com](http://PureEncapsulationsPro.com) for more information about our GMO

<sup>†</sup>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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