



Biotics Research Corporation • 6801 Biotics Research Drive • Rosenberg TX 77471
(800) 231 - 5777 • biotics@bioticsresearch.com • www.bioticsresearch.com

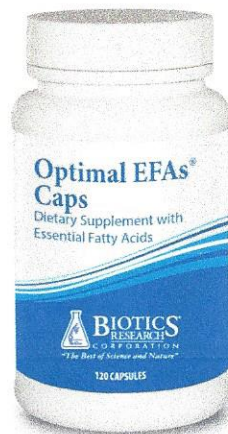
Optimal EFAs® Caps

Why you may need Optimal EFAs® Caps: Essential Fatty Acids (EFAs) play an integral role in the optimal functioning of our bodies, and build the foundation for overall health. They are required for the formation of cell membranes, and are essential for cerebral and neurological development and functioning. EFAs are also necessary for the production of hormone-like substances responsible for regulating blood pressure and viscosity, and supporting immune and inflammatory responses. Most recently, a study showed that omega-3 fatty acids can also improve the biodiversity of the gut.

Eating the Standard American Diet (SAD) is putting us at risk. A diet filled with processed foods, and top-heavy in grains, will most likely leave us with a deficiency in essential fatty acids (EFAs). Some EFAs come from marine algae, which is then concentrated in the flesh of marine fish. Others come from flaxseed, borage, evening primrose, black currant and other seed oils. Most of us do not have diets containing high enough sources of EFAs, or worry about the purity of the fish available for consumption. As a result, we are at risk for a deficiency or imbalance in EFAs, which can result in mood and memory alterations, neurological issues, high blood pressure, coagulation issues, altered cholesterol panels, slow wound healing, impaired growth, dermatological complaints, and poor vision.

Why your healthcare practitioner recommends Optimal EFAs® Caps from Biotics Research: Optimal EFAs® Caps supplies that unique balance of omega-3, -6, and -9 fatty acids by using the highest quality fish, flaxseed, and borage oils. Strategically formulated with noted researcher and author, Dr. Alex Vasquez, DC, ND, DO, and tested for purity using the highest standards in the industry, it provides ALA, EPA, DHA, GLA, and Oleic Acid in ratios that provide significant health-promoting benefits.

Available as easy-to-take capsules, **Optimal EFAs® Caps** 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".



Supplement Facts

Serving Size: 2 Softgel 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 and/or anchovy.

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) softgel capsules two (2) times each day as a dietary supplement or as otherwise directed by a healthcare professional.

Caution: Not recommended for pregnant women.

This product is gluten and dairy free.

KEEP OUT OF REACH OF CHILDREN

Store in a cool, dry area.

Sealed with an imprinted safety seal for your protection.

Product # 1407 Rev. 08/15

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

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.