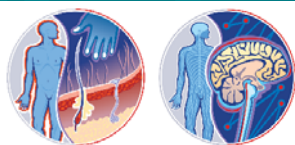




Total EFA 1200 mg

Quest Total EFA 1200 mg supplies your daily needs for essential fatty acids (EFAs) in an ideal ratio of omega-3, omega-6, and omega-9 from borage, fish, and flax seed oils. This high-quality EFA supplement supports overall health, the cardiovascular system, the immune system, and brain function and development.



PRODUCT CODE: 338525

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Maintains and promotes heart health. Helps support cognitive and brain function. A source of omega-3 fatty acids for the maintenance of good health.	Softgels	Adults take 2 softgels three times daily.

DESCRIPTION:

Each soft gel capsule of Quest Total EFA 1200 mg contains 400 mg of Borage (*Borago officinalis*) seed oil, providing 76 mg of gamma linolenic acid (GLA); 400 mg of Fish oil (anchovy, sardine), providing 72 mg of eicosapentaenoic acid (EPA) and 48 mg of docosahexaenoic acid (DHA) and 400 mg Flax (*Linum usitatissimum*) seed oil, providing 212 mg of alpha linolenic acid (ALA). This product contains no artificial preservatives, colours, or flavours, or corn, dairy, egg, gluten, shellfish, soy or sulfites. This product has been tested and meets international standards for levels of arsenic, cadmium, lead, mercury, pesticides and solvent residues.

Recommended Daily Allowance: Dosage varies, depending on age.

Food Sources: Fatty cold-water fish, borage oil, flax seed oil.

Causes of Deficiency: Consumption of refined and hydrogenated oils and trans fatty acids.

Symptoms of Deficiency: Cardiovascular disease, high cholesterol, cognitive problems, depressed immune system, dry scaly skin, decreased growth in infants and children, poor wound healing.

Complementary Nutrients: A healthy diet.

HOW IT WORKS:

Essential fatty acids (EFAs) are nutrients that we must get from foods or dietary supplements. Omega-3 fatty acids, found in cold-water fish, support a healthy cardiovascular system and are important for proper brain development and function. Omega-6 fatty acids, found in borage oil, support a healthy immune system. Omega-9 fatty acids, found in olive oil, are not considered essential, but are still extremely important for health. They help support heart health and healthy cholesterol levels.



DID YOU KNOW...

In the body, essential fatty acids are primarily used to produce hormone-like substances that regulate a wide range of functions, including blood pressure, blood clotting, blood lipid levels, the immune response, and the inflammation response to injury and infection.

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RESEARCH:

Countless studies confirm that omega-3, -6, and -9 fatty acids have a wide spectrum of beneficial effects on health. Population studies demonstrate that people who consume a diet rich in these fatty acids have significantly reduced risk of developing heart disease.

SIDE EFFECTS:

No side effects expected at recommended dosage. Higher doses have been associated with loose stools and diarrhea.


INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner before use if you have uncontrolled hypertension, a bleeding disorder, are taking any anticoagulant medications (including aspirin), or if you have any other medical condition.

OTHER CONSIDERATIONS:

Consult a health care practitioner before use if you are pregnant or breastfeeding. Keep out of reach of children.

LABEL:

		<p>Usage recommandé : Maintient et favorise une bonne santé. Aide à soutenir la fonction cognitive et la fonction cérébrale. Une source d'acides gras oméga-3 pour le maintien d'une bonne santé.</p> <p>Recommended Use: Maintains and promotes heart health. Helps support cognitive and brain function. A source of omega-3 fatty acids for the maintenance of good health.</p>	
<p>Dose recommandée (adultes) : Prendre 2 gélules, trois fois par jour.</p> <p>Recommended Dose (Adults) : Take 2 softgels three times daily.</p>		<p>Ingrédients médicinaux :</p> <p>Chaque gélule contient :</p> <ul style="list-style-type: none"> Huile de graines de bourrache (Borago officinalis).....400 mg Acide gamma-linolénique (GLA).....76 mg Huile de poisson (anchovy, sardine).....400 mg Acide eicosapentaénoïque (EPA).....72 mg Acide docosahexaénoïque (DHA).....48 mg Huile de graines de lin (Linum usitatissimum).....400 mg Acide alpha-linolénique (ALA).....212 mg <p>Ingrédients non médicinaux - vitamine E, gélatine, glycérine.</p> <p>Information sur les risques : Consulter un praticien de soins de santé avant d'en faire l'usage si vous prenez des anticoagulants.</p> <p>Ce produit ne contient aucun maïs. Ingrédients laitiers, œuf, gluten, lactose, crustacés, soya, amidon, sucre, sulfites ou levure.</p> <p>Ce produit a été soumis à des essais de qualité et est conforme aux normes internationales sur le dépistage d'arsenic, de cadmium, de plomb, de mercure, et de résidus de pesticides et de solvants.</p> <p>90 gélules</p> <p>Source d'acides gras essentiels oméga-3-6-9</p> <p>Sans colorants, arômes ou agents de conservation artificiels</p> <p>PREMIUM QUALITY ASSURED</p> <p>Source of omega 3, 6 and 9 essential fatty acids</p> <p>No artificial colours, flavours or preservatives</p> <p>90 softgels</p>	
<p>OMÉGA</p> <p>Total EFA^{MC}</p> <p>1 200 mg</p> <p>NPN 80003837</p>		<p>QUEST</p> <p>OMEGA</p> <p>Total EFATM</p> <p>1200 mg</p> <p>NPN 80003837</p>	
<p>USAGE RECOMMANDÉ : Maintient et favorise une bonne santé. Aide à soutenir la fonction cognitive et la fonction cérébrale. Une source d'acides gras oméga-3 pour le maintien d'une bonne santé.</p>		<p>DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE SCEAU DE SÉCURITÉ SOUS LE CAPOTON EST BRISÉ.</p> <p>www.questvitamins.com 1-877-929-2548</p> <p>SunOpta Inc. 6 Commera Crescent Acton, ON L7J 2K3</p> <p>A Proud Canadian Company Une compagnie canadienne fière de l'être.</p> <p>3 88523 01 14 24</p> <p>UPC CODE TO BE 0 88571 27456 4</p> <p>0 00000 00000 0</p>	