

# Optimal E.F.A.

## Why This Supplement?



Optimal E.F.A. provides unparalleled heart support by extracting essential fatty acids directly from algae, avoiding fish oil contaminants. With a focus on cardiovascular health, this unique formula addresses the prevalent E.F.A. deficiency, promoting hormones, cell function, and overall immune well-being. Optimal E.F.A. offers a plant-based source rich in A.L.A., D.H.A., and G.L.A., free from toxins.

## What Sets Us Apart?

Just like your Health Professional, Optimal Health Systems cares about patients, which is why we exclusively create supplements with nutrients derived from whole foods—not cheap, synthetic alternatives. Rest easy, knowing you're getting the best nutrition possible.

## The Results

E.F.A. helps with the eyes, brain health, and any fatty tissue in the body. Even more, it helps with the delivery of micronutrients. Promotes energy production, brain development, recovery from fatigue, and a healthy cardiovascular system. Optimal E.F.A. employs a patented sealing process for capsules, ensuring freshness and potency by minimizing exposure to oxygen.

## Quick Facts!

- Optimal E.F.A. directly extracts EFAs from algae, ensuring purity and avoiding contamination prevalent in fish oils.
- Optimal E.F.A. prioritizes heart health with a blend of ALA, DHA, and GLA for cardiovascular support.



## Dosing

Take 2 capsules daily, or as directed.

## Supplement Facts

Serving Size 2 Capsules	Servings Per Container 30	
Amount Per Serving	% Daily Value	
Stabilized Fatty Acid Blend <i>Borage Oil, Flaxseed Oil, and Algae Oil</i>	1000 mg	**
Vitamin E <i>From Oils</i>	10 IU	45%

**\*\*Daily Value not established.**

**Other ingredients:** gelatin, glycerin, and purified water.

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

For full details and latest supplement facts, visit:  
[www.ohs4life.com/efa](http://www.ohs4life.com/efa)