

Complete Essential Fatty Acids vitamins and Herbs.

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## Complete Essential Fatty Acids

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Itemnumber: SN1384

Manufacturer: [SOURCE NATURALS](#)

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Description: **Complete Essential Fatty Acids**

UPC: 02107801384

Size: 60 sg

Suggested Retail: \$16.98

Discount: **49% OFF MSRP**

Our Price: **\$ 8.66**



Ships within 48 - 72 Hours\*

Quantity Available: 147

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## General Information and datasheet (SOURCE NATURALS)

### Complete Essential Fatty Acids

#### Omega 3, 6 EFA Complex

Complete Essential Fatty Acids is an excellent blend of omega-3 and omega-6 fatty acids. Docosahexaenoic acid (DHA) is an omega-3 fatty acid that plays a significant role in cerebral development throughout the life cycle, especially during the crucial period of fetal development and infancy. Gamma-linolenic acid (GLA) is an omega-6 fatty acid used by most cells in the body to produce soothing PGE1 prostaglandins. Essential fatty acids (EFA's), especially DHA and eicosapentaenoic acid (EPA), act as precursors to molecules such as beneficial prostaglandins, and leukotrienes, which help regulate cellular function. They have been shown to play a role in blood pressure maintenance, immune system balance, sustaining healthy skin, and providing nutritional support during women's cycles.

#### Supplement Facts

Serving Size: 3 softgels

	Amount	%DV
Vitamin E (as mixed tocopherols)	30 IU	1
Alpha-Linolenic Acid (ALA) [omega-3]	636 mg	†
Linoleic Acid [omega-6]	522 mg	†
Oleic Acid [omega-9]	402 mg	†
Eicosapentaenoic Acid (EPA) [omega-3]	360 mg	†
Docosahexaenoic Acid (DHA) [omega-3]	240 mg	†
Gamma-Linolenic Acid (GLA) [omega-6]	228 mg	†

**Other Ingredients:** borage seed oil (non-GMO), fish oil (non-GMO), flax seed oil (non-GMO), gelatin (capsule), glycerin, and purified water.

warning.

**Suggested Use:** Take three softgels daily with a meal.

SN1383 30 sg • SN1384 60 sg • SN1385 120  
sg


## DataSheet:

**The Complete Essential Fatty Acids Sale Price: \$8.66 - Vitamins or Herbs  
Should be taken as directed on the bottle.**

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