



Most Americans do not consume enough Omega 3s in their diet, making supplementation vital. Some food sources of Omega 3 include: egg yolk; cold water fish such as, tuna, salmon, mackerel, and sardines; and shellfish such as, crab, shrimp, and oysters. Food sources of Omega 6 include: flaxseed, canola oil, soybean oil, and green leaves.

Forms of Omega 3:

- Alpha-Linolenic Acid (ALA)
- Eicosapentaenoic Acid (EPA)
- Docosahexanoic Acid (DHA)



Forms of Omega 6:

- Linoleic Acid (LA)
- Gamma-Linoleic Acid (GLA)
- Dihomo-Gamma-Linolenic Acid (DGLA)
- Arachidonic Acid (AA)



Form of Omega 9:

- Oleic Acid (OA)



The International Fish Oil Standards™ (IFOS™) Program is the only third party testing and certification program for fish oils. IFOS™ sets the world's highest standards for purity, potency and freshness.



Ultimate™ EFA™, EFA Plus™ and Multi-EFA™

- Supports Cardiovascular Health⁺
- Supports Healthy Memory and Cognition⁺
- Promotes Healthy Cholesterol Levels⁺
- Supports Healthy Vision⁺
- Promotes Healthy Brain Function⁺



FOR MORE INFORMATION, CONTACT:

⁺ These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Manufactured in the U.S.A.

Youngevity™

2400 Boswell Road • Chula Vista, CA 91914
(800) 982-3189 • www.Youngevity.com

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90 FOR LIFE



EFA'S

ESSENTIAL FATTY ACIDS



EFAs and Your Overall Health

The Benefits of Essential Fatty Acids

Essential Fatty Acids are, just as the name implies, fats essential for regular function of all tissues in the body. Although your body is capable of synthesizing many of the fats it needs through the food that you consume, two types of polyunsaturated fats, **Omega 3** (alpha-linolenic acid) and **Omega 6** (linoleic acid), cannot be synthesized in the body and so they must be consumed in one's diet. These fatty acids are considered essential in that they are vital to the life and death of cells. However, a diet rich in both **Omega 3** and **Omega 6** has been shown to benefit many bodily systems and may be especially beneficial to cardiovascular health.[†]

Omega 9, on the other hand, is an unsaturated fat which can be found in vegetable and animal fats, and can be synthesized by the body. It has been shown to support healthy cholesterol levels, which can help reduce one's risk for cardiovascular disease and stroke.[†]

While it is necessary for individuals to maintain a balance of **Omega 3** and **Omega 6** for optimal health, **Omega 3s** are especially vital.

Omega 3

(alpha-linolenic acid)

- Helps support healthy blood circulation[†]
- Supports a healthy inflammatory response[†]
- Supports healthy vision[†]
- Supports healthy growth of fetus during pregnancy[†]
- Supports healthy cholesterol levels[†]
- Promotes optimal brain health function[†]



[†] These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Most Americans do not consume enough Omega 3s in their diet.

Ultimate™ EFA™
#20641 - 60 Soft Gels | #21832 - 180 Soft Gels

Ultimate™ EFA Plus™
#20989 - 90 Soft Gels

Ultimate™ Multi-EFA™
#USYG102165 - 90 Soft Gels

Supplement Facts

Serving Size: 1 Soft Gel
Servings per Container: 180

| | Amount per Serving | %DV* |
|---|--------------------|------|
| Calories | 9 | |
| Calories from Fat | 8 | |
| Total Fat | <1 g | 1% |
| Saturated Fat | <1 g | <1% |
| Polyunsaturated Fat | <1 g | † |
| Monounsaturated Fat | <1 g | † |
| Total Omega | 714 mg | † |
| Typical Average Fatty Acid Profile | | |
| Alpha Linolenic Acid (ALA) Omega 3 | 447 mg | † |
| Linoleic Acid (LA) Omega 6 | 110 mg | † |
| Oleic Acid (OA) Omega 9 | 137 mg | † |
| Gamma Linolenic Acid (GLA) | 4 mg | † |
| Docosahexaenoic Acid (DHA) | 16 mg | † |

* Daily Values (DV) are based on a 2,000 calorie diet for adults and children over 4 years of age.
† Daily Value (DV) not established.

OTHER INGREDIENTS: Organic Flax Seed Oil, Gelatin, Glycerin, Fish Oil (Tuna), Purified Water, Borage Oil, Carob Extract, Mixed Tocopherols.

Supplement Facts

Serving Size: 1 Soft Gel
Servings per Container: 90

| | Amount per Serving | %DV* |
|---|--------------------|------|
| Calories | 12 | |
| Calories from Fat | 11 | |
| Total Fat | 1 g | 2% |
| Saturated Fat | <1 g | <1% |
| Polyunsaturated Fat | <1 g | † |
| Monounsaturated Fat | <1 g | † |
| Cholesterol | 3 mg | 1% |
| Total Omega | 827 mg | † |
| Typical Average Fatty Acid Profile | | |
| Alpha Linolenic Acid (ALA) Omega 3 | 300 mg | † |
| Linoleic Acid (LA) Omega 6 | 103 mg | † |
| Oleic Acid (OA) Omega 9 | 120 mg | † |
| Gamma Linolenic Acid (GLA) | 19 mg | † |
| Eicosapentaenoic Acid (EPA) | 171 mg | † |
| Docosahexaenoic Acid (DHA) | 114 mg | † |

* Daily Values (DV) are based on a 2,000 calorie diet for adults and children over 4 years of age.
† Daily Value (DV) not established.

OTHER INGREDIENTS: Fish Oil (Anchovy, Sardines, or Pollock), Organic Flaxseed Oil, Gelatin, Glycerin, Borage Seed Oil, Purified Water and Mixed Tocopherols.

Supplement Facts

Serving Size: 1 Soft-Gel
Servings per Container: 90

| | Amount per Serving | %DV* |
|-----------------------------|--------------------|------|
| Calories | 5 | |
| Calories from Fat | 5 | |
| Total Fat | 0.5 g | 1% |
| Evening Primrose Oil (seed) | 500 mg | ** |
| Cis-Linoleic Acid (LA) | 365 mg | |
| Gamma-Linolenic Acid (GLA) | 45 mg | |

* % Daily Values (DV) are based on a 2000 calorie diet.
** Daily Value not established.

OTHER INGREDIENTS: Gelatin, Vegetable Glycerin, Purified Water.

Ultimate™ EFA™

#20641 - 60 Soft Gels | #21832 - 180 Soft Gels



A proprietary blend of essential fatty acids from flaxseed, fish and borage oils providing your body with a healthy balance of Omega 3, 6 and 9. Contains: ALA, LA, OA, GLA and DHA.

Ultimate™ EFA Plus™

#20989 - 90 Soft Gels

EFA Plus™ features an exclusive blend of Essential Fatty Acids (Omega 3, 6 and 9) with a high Omega 3 profile; increasing the proprietary blend of essential fatty acids from borage, flax, and fish oils, with added EFAs for extra support. Contains: ALA, LA, OA, GLA, EPA and DHA.



Ultimate™ Multi-EFA™

#USYG102165 - 90 Soft Gels



A smaller, easy-to-swallow capsule that provides you with Plant Derived EFAs that are necessary for optimal health of adults and children.[†] These smaller, easy-to-swallow capsules are perfect for kids and are also fish oil free for individuals on a vegetarian diet. Contains: LA and GLA.