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product info

Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Take one (1) softgel one to two times daily with food, or as recommended by a healthcare practitioner. Up to five (5) softgels can be taken daily.

CAUTION: If you are taking anti-coagulant or anti-platelet medications, or have a bleeding disorder, consult your healthcare provider before taking this product.

Store tightly closed in a cool, dry place.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

*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.



Q00756I

LifeExtension®

OMEGA FOUNDATIONS™

Mega GLA
with Sesame Lignans



Promotes Healthy
Joints and Skin*

Dietary
Supplement

60 Softgels

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value	
Calories	15	
Calories from fat	15	
Total Fat	1.5 g	2% [†]
Saturated fat	0 g	0% [†]
Gamma-linolenic acid (GLA) [from borage oil (seed)]	299 mg	**
Sesame seed lignan extract	10 mg	**

**Daily Value not established. [†]Based on a 2000 calorie diet.

Other ingredients: gelatin, glycerin, purified water, silica, sunflower lecithin, carob color, rosemary extract.

Non-GMO

Manufactured for: **Quality Supplements and Vitamins, Inc.**
Ft. Lauderdale, Florida 33309
LifeExtension.com

To report a serious adverse event or obtain product information, contact 1-866-280-2852.