



HEALTH & WELLNESS

EFA RECOVERY PLUS®

Cellular fuel for the hard-working athlete

DESCRIPTION

Feeling great and looking fit require exercising, eating a healthy diet, and making sure your body gets what it needs on a daily basis. EFA Recovery Plus® can help with all three of these aspects. Formulated to supplement your daily diet, this product promotes an active lifestyle by supporting your cardiovascular health and joint health.*

EFA Recovery Plus® is designed to help balance your diet for optimal health. The acronym *EFA* refers to the essential fatty acids that bodies need but cannot synthesize on their own. The only way you can obtain these critical elements is by consuming them. Unfortunately, the typical Western diet does not include sufficient EFAs.*

EFAs play a critical role in your body. They are vital in producing ATP, your energy source for muscle work; they provide critical fatty acids that your body desperately needs; and they support cellular function and promote overall health. In addition, EFAs are vital to the permeability of cell structures and assist in muscle relaxation.*

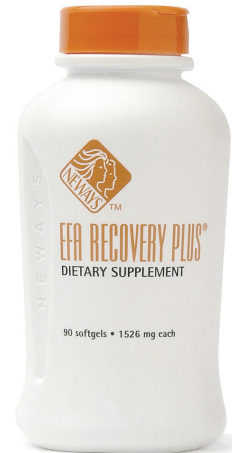
Make sure you're consuming healthy—and essential—fatty acids with EFA Recovery Plus®.

BENEFITS

- Supports cellular health*
- Supports cardiovascular health*
- Supports healthy skin*
- Supports joint health*
- Maintains cholesterol levels already within the normal range*

(continued on next page)

** 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.*



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KEY INGREDIENTS

- *Alpha-lipoic acid*—A sulfur-containing essential fatty acid with antioxidant properties.
- *Linoleic acid*—This omega-6 polyunsaturated fatty acid provides a key component of healthy cell membranes and promotes circulatory system health.
- *Alpha-linolenic acid*—This omega-3 polyunsaturated fatty acid helps convert other acids into useful forms.
- *Gamma-linolenic acid*—The body uses this omega-6 polyunsaturated fatty acid in the biosynthesis of special prostaglandins.
- *EPA and DHA*—Contained in high concentrations in cold-water fish such as salmon, tuna, mackerel, and herring, these omega-3 polyunsaturated fatty acids support healthy cholesterol levels, assist in healthy cellular function, and encourage circulatory health.

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 30

Amount Per Serving	% Daily Value	
Calories	22	
Calories From Fat	19	
Total Fat	1.87 g	3%*
Saturated Fat	0.22 g	1%*
Polyunsaturated Fat	1.33 g	†
Monounsaturated Fat	0.32 g	†
Protein	0.77 g	2%*
Proprietary Blend	2.98 g	
Evening Primrose Oil (Gamma Linolenic Acid)†	†	
Fish Oil (DHA, EPA)	†	
Safflower Oil (Linoleic Acid)	†	
Flax Seed Oil (Alpha linolenic Acid)	†	
Alpha lipoic Acid	†	

*Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established

Other ingredients: Fish gelatin, glycerin, water, carob extract.

Distributed by:
NEWAYS, INC., Salem, UT 84653.

DIRECTIONS: Take 3 softgels one or two times daily.

CAUTION: Consult your health care provider prior to use if you are pregnant or nursing, have a medical condition, or when taking any medication.

KEEP TIGHTLY CLOSED AND STORE IN A COOL, DRY PLACE, OUT OF REACH OF CHILDREN

Neways uses natural source materials that may cause color variation in the product.

www.neways.com
Made in the U.S.A.
BJUS-4500/2 • ITEM #4500



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