



▼ **INGREDIENTS**

Supplement Facts	
Serving Size: 2 capsules	
Amount Per Serving	% Daily Value
Total Calories .....	25 †
Calories from Fat .....	22 †
Total Cholesterol .....	6 mg 2%
Total Fat .....	2.4 g 4%
Organic Flaxseed Oil, Fish Oil & Borage Seed Oil provides the following:	
Alpha Linolenic Acid (Omega-3) ...	540 mg †
EPA/DHA (Omega-3) .....	1000 mg †
Linoleic Acid (Omega-6) .....	100 mg †
* Percent Daily Values are based on a 2,000 calorie diet. † Daily Value is not established.	
Other Ingredients: Gelatin, Glycerin and Purified Water.	

▼ **DOSAGE**

- 1-2 capsules up to twice per day for 1-3 months, or as directed.

▼ **PACKAGING**

- Capsules: 60 capsules/eco-bottle.

▼ **PERSPECTIVE**

As fatty acid research pushes into new horizons, the 'balance' concept quickly emerges as does a dietary foundation of acquiring essential Omega-3 and Omega-6 fatty acids. Further research shows that too much or too little of either the Omega-3 or Omega-6 can result in imbalanced metabolic processes whereas a healthy balance of fatty acids properly supports the numerous, varied roles that fatty acids play in overall body functions.

▼ **LIFESTYLE**



**#114 BFO (Borage/Flax/Fish Oils)**

A balanced blend of nutritional oils including essential fatty acids and the Omega-3 fats (DHA-docosahexaenoic acid, EPA-eicosapentaenoic acid) that support normal healthy cell membranes, mitochondrial energy processes and brain function.

▼ **INDICATIONS**

- Fatty Acid Nutrition
- Endocrine Gland Support
- Normal Premenstrual processes
- Normal Menopause Support
- Joint Support
- Brain Food

▼ **KEY COMPONENTS**

- **Borage Oil** – Rich in Gamma-Linoleic Acid (essential fatty acid). The body converts GLA to a compound called Prostaglandin E1 (PGE1) which it uses to regulate normal immune system processes. GLA also inhibits the Leukotrine-3 processes.
- **Flax Oil** – Contains Alpha-Linolenic Acid (ALA), a vegetable Omega-3 fatty acid that supports normal cardiovascular health as well as cell membrane and nerve sheath integrity.
- **Fish Oil** – A rich source of the Omega-3 fatty acids DHA and EPA. Called "brain food," these fatty acids also support the eye's retina. They are converted to prostaglandins that regulate normal heart and cardiovascular function. DHA plays a vital role in normal fetal and children's brain development.

▼ **CONTRAINDICATIONS**

None.

▼ **CLINICIAN CONSENSUS**

- Joint/Synovial Nutrition Support:  
**#114 BFO** - Borage/Flax/Fish Oils  
**#133 JOT** - Joint/Disc/Cartilage Support

▼ **BACKGROUND**

Stu Wheelwright added this formula to the Systemic line because of numerous practitioner requests for an all purpose essential fatty acid formula. Responsive to their clinical needs, this multi-source, EFA combination serves as a dietary enhancement for the intake of essential fatty acids necessary for good health.

▼ **SYNERGISTIC CONSIDERATIONS**

- **#197 OMGA** - Omega Fatty Acids, DHA, EPA 3-6-9
- **#73 Mpr** - Prostata/Ovatum
- **#133 JOT** - Joint, Disc, Cartilage Support
- **#111 AZV** - Multi Vitamin
- **#510 Brainy Play** - Essential Omega Fatty Acids DHA, EPA 3-6-9
- **#70 M+** - Male Endocrine
- **#73 Mpr** - Prostata/Ovatum
- **#843 Femirine** - Female Endocrine
- **#24 Fpms** - Female Health
- **#22 F+** - Female Plus
- **#854 Neurosyn** - Neuro Cognitive & Memory Support
- **#12 B** - Brain
- **#45 Hcv** - Heart Cardiovascular

▼ **INFORMATION RESOURCES**

- [www.systemicformulas.com](http://www.systemicformulas.com)

**Quality Control:** All herbal ingredients are tested before use for: microbes, heavy metals/contaminants, and assurance of correct genus/species.

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