

EFA 369

Made with only Certified Organic Oils

Flax • Pumpkin • Sunflower

Benefits of a Plant-Based Diet

The number of people in North America following a plant-based diet has increased substantially in recent years because of the growing evidence supporting its incredible health benefits. A large body of scientific evidence clearly shows that the consumption of a plant-based diet is consistently associated with:

- Lower blood pressure & LDL blood cholesterol levels
- Less obesity & heart disease
- Lower incidence of stroke, diabetes, cancer and mortality
- Increased energy & overall health and well being

Meeting the Nutritional Needs of a Plant-Based Diet

People who choose to follow a plant-based diet are often very conscious of meeting their nutritional needs. Convenient options, alternative foods and superior quality all-natural supplements that meet nutritional needs are often difficult to find. Those following a plant-based diet need sensible and convenient nutritional solutions to ensure their needs are being met, and to optimize overall health and well being.

What is the Preferred Ratio of EFAs and Why?

Essential fatty acids include Omega 3, Omega 6 and Omega 9. While most people consume close to enough Omega 6 and Omega 9, they do not consume enough Omega 3. Therefore twice as much Omega 3 is needed to achieve a balance between all three types of EFAs in the body. North Coast Naturals EFA 369 oil provides the preferred 2:1:1 ratio of EFAs from QAI Certified Organic plant-based sources, with no synthetic EFAs or fish oils. We use no chemicals, synthetic purification agents or solvents and our oils are all cold pressed and nitrogen flushed to preserve product integrity and freshness.

EFA 369 Oil Delivers:

- Preferred 2:1:1 ratio of Omega 369 EFAs
- Made with plant based oils
- Contains 100% QAI certified organic oils
- Cold Pressed to preserve maximum EFA integrity
- Nitrogen Flush Packaged to deliver maximum potency
- Includes natural, non-GMO Rosemary, as an antioxidant, to extend freshness (certified organic source is unavailable)
- Light flavour, no aftertaste
- No fish oils
- No chemicals, synthetic purification agents or solvents
- A formula that is safe for all ages



CODE: 10011
SIZE: 473 mL
FLAVOUR: N/A



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Suggested Use: Consume 30 mL (2 tablespoons) once a day with meals. Shake bottle gently before each use.

Ingredients: Flax Seed Oil**, Sunflower Seed Oil**, Pumpkin Seed Oil**, Rosemary Extract. **certified organic by QAI.

Does not contain animal products, artificial preservatives, flavours or sweeteners.

FOR OPTIMAL FRESHNESS, KEEP REFRIGERATED. ONCE OPENED, CONSUME WITHIN 8 WEEKS. DO NOT HEAT OR USE FOR FRYING. DO NOT USE IF EITHER TAMPER EVIDENT SEAL IS BROKEN OR MISSING.

Contains 99% of ingredients certified as organic. Cold Pressed to preserve maximum EFA integrity. Nitrogen Flush Packaged to deliver maximum potency.

Certified Organic by: Quality Assurance International (WEOJ9)

[Lower LDL blood
cholesterol levels.]



Nutrition Facts	
Valeur nutritive	
Per 2 tbsp (30 mL) / par 2 c. à soupe (30 mL)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 250	
Fat / Lipides 28 g	43 %
Saturated / saturés 3 g + Trans / trans 0 g	15 %
Polyunsaturated / polyinsaturés 19 g Omega-3 / Oméga-3 14 g Omega-6 / Oméga-6 6 g	
Monounsaturated / monoinsaturés 6 g Omega-9 / Oméga-9 6 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 0 mg	0 %
Potassium / Potassium 0 mg	0 %
Carbohydrate / Glucides 0 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	
Protein / Protéines 1 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %

EFA 369 Oil, 473 mL



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Distributed By:



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