

# EFACOR™ QUICK Q&A

## What is EFACOR™?

EFACOR™ is a concentrated, pharmaceutical grade, natural Omega-3 dietary supplement providing high dose EPA and DHA. EFACOR™ is guaranteed ultra-pure, free of environmental contaminants and to have exceptional taste.\*

- Prescription potency
- Pharmaceutical purity
- Independently tested
- Exceptional taste
- Significant value

Due to its strong formulation, EFACOR™ meets the American Heart Association's (AHA) DAILY recommendation for Omega 3s for cardiovascular health and meets government requirements for an APPROVED FDA health claim in relation to Omega 3s and their ability to potentially reduce cardiovascular disease.\*

### What are Omega 3s good for?

- Cardiovascular Health
- Neurologic/Nervous system health
- Promoting a healthy weight
- Healthy eyes
- Joint health

### How much should I take?

- Daily Dose: 2 softgels, 10 minutes before a meal.

### How long does a bottle last?

- There are 60 softgels in a bottle (one month's supply).

### Is it Vegetarian/Vegan?

- The product does contain fish-derived oils, so EFACOR™ is vegetarian, but not vegan.

### What is the Flavor?

- Lemon/Lime



*Eniva Essentials™  
Replenishing the Essence  
of Vibrant Health™*

### Does it taste fishy or will I burp up fish taste?

- NO! Due to EFACOR™'s superior formulation and purity, it will not cause a "fishy" odor or repeat – this is one of the very special things about EFACOR™. The Eniva R&D Team worked very hard on this aspect of the product.

### Are there medication interactions?

- The safety of Omega-3 supplements like EFACOR™ is very well established in scientific literature, and there is a very low likelihood of medication interaction. However, we do recommend that before starting, especially if you are on medication, that you first check with your personal doctor. This is always a good "rule of thumb" to follow.

### Is EFACOR™ "approved"?

- EFACOR™ production and distribution is regulated by the FDA under the DSHEA Act of 1994.

### How much does it cost?

- Preferred Customer : \$36.95
- Wholesale Manager Price: \$29.95

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

### I already order Omega-3 Complete. Should I switch?

- Although Omega-3 Complete is an excellent product, EFACOR™ has incorporated new research and higher levels of certain Omega 3s that have been shown in research to be very important for your health, in particular EPA and DHA Omega 3s.

Unless you are a vegan, you should switch from Omega-3 Complete to EFACOR™. EFACOR™ is a superior product to Omega-3 Complete.

### How is EFACOR™ different from Omega-3 Complete?

- First off, EFACOR™ and Omega-3 Complete are the exact same price.
- However, EFACOR™ is a superior formula over Omega-3 complete due to its incorporation of new research and high concentration of EPA and DHA and its unique blend of other Omega-3s. As such, EFACOR™ meets the American Heart Association's daily recommendation for EPA and DHA Omega 3s.
- EFACOR™ is suitable for vegetarians, but not vegans as it contains fish oil. Vegans should continue to use Omega-3 Complete.
- EFACOR™ is a softgel, while Omega-3 complete is an oil liquid.
- EFACOR™ is better tasting than Omega-3 complete – and not just because it is in a softgel but because of the dedication of Eniva's R&D Team to this aspect. Please know that if you like to chew your soft-gels, you will love the lemon/lime taste!
- EFACOR™ is recommended over Omega-3 Complete. EFACOR™ is the latest and greatest, but for the same price!
- Please see [www.eniva.com](http://www.eniva.com) for more information, plus downloadable files that will help explain the difference!

### ARE ALL OMEGA 3S AND OMEGA 3 PRODUCTS CREATED EQUAL?

NO. Although many products tout the benefits of Omega 3s, most are relatively low in the two most important ones: EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). EPA and DHA are recognized by the health community as critical in providing the majority of health benefits associated with Omega 3s. In fact, the American Heart Association's daily recommendation (1,000 mg) of Omega 3s is focused on DHA and EPA use, although many manufacturers will use less effective Omega 3s in their formulations. In addition, some products will also count the weight of the softgel material itself in their literature to "trick" consumers into thinking there is more omegas in their product than there actually is.

Be assured there is over 1,000 mg of EPA+DHA in EFACOR™ per serving (2 softgels). In addition, there is 100 mg more of additional blended omega 3s.

### How do I compare EFACOR™ to other Omega products?

The best way is to calculate the number of softgels needed to achieve 1,000 mg of EPA+DHA. For example, in 2 softgels of EFACOR™, there is 680 mg of EPA and 340 mg of DHA, which together totals 1,020 mg of EPA+DHA per serving – thus crossing the 1,000 mg daily threshold.

### Can I take it with VIBE?

Yes, you can take it at the same time as you take your VIBE. In fact, EFACOR™ and VIBE are synergistic. The antioxidants in VIBE help to protect the healthy Omega-3s in EFACOR™ from oxidation via physiologic stress.

# EFACOR™

## SUPPLEMENT FACTS

### Supplement Facts

Serving Size: 2 Softgels  
Servings Per Container: 30

Amount Per Serving		% Daily Value*
<b>Calories</b> (energy)	20	
Calories From Fat	20	
<b>Total Fat</b>	2 g	3%
Saturated Fat	0 g	0%
Polyunsaturated Fat	1.5 g	†
Monounsaturated Fat	0 g	†
<b>Cholesterol</b>	0 mg	0%
<b>Omega-3 Fatty Acids</b> 1,120 mg		†
EPA (Eicosapentaenoic Acid)680 mg		†
DHA (Docosahexaenoic Acid)340 mg		†
Other Omega-3s 100 mg	†	
(includes DPA/ETA)		

\* Percent Daily Value are based on a 2,000 calorie diet.

† Daily Value not established.

### FOR MORE INFORMATION...

For more information on EFACOR™, please see [www.eniva.com](http://www.eniva.com)... complete with downloadable files, presentations and even a message from Dr. Ben. Or go to the Eniva Health and Product Line at 641-297-5110 and select #7 to hear a prerecorded message from Dr. Ben on EFACOR™!

[www.enivaquality.com](http://www.enivaquality.com)  
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