



BFO

Borage / Flax / Fish Oil



Brain



Cardio



Hormone

KEY INDICATIONS

- Systemic inflammatory stress
- Dry skin, eczema, or impaired skin barrier function
- Joint stiffness associated with inflammatory signaling
- Cardiovascular health and healthy lipid balance
- Premenstrual symptoms associated with prostaglandin imbalance
- Neurological and cognitive support
- Eye and retinal health
- Cellular membrane and essential fatty acid support

HOW IT WORKS

Essential fatty acids are structural components of cell membranes and precursors for signaling molecules that regulate inflammation, circulation, and immune activity. BFO provides a balanced spectrum of fatty acids that support membrane fluidity and healthy eicosanoid signaling throughout the body. By supporting appropriate fatty acid availability, the formula promotes balanced inflammatory responses, cellular communication, and tissue resilience. Careful extraction and purification help preserve delicate fatty acids and minimize oxidation.

CLINICAL PEARLS

- Use with CellGenic to support membrane fluidity and balanced inflammatory signaling.
- Combine with HormoneGenic or Fpms for premenstrual symptoms linked to prostaglandin imbalance.
- Therapeutic dosing recommended during inflammatory or hormonal imbalance states.
- Useful during breastfeeding to support breast milk DHA important for infant brain and retinal development.



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SUPPLEMENT FACTS

Serving Size: 2 capsules

Servings Per Container: 30

	Amount Per Serving	%DV**
Total Calories	25	*
Calories from Fat	22	*
Total Cholesterol	6 mg	2%
Total Fat	2.4 g	4%

Blend of 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	*

*Daily Value not established.

**%DV are based on a 2000 calorie diet.

Other Ingredients: Gelatin, Glycerin, and Purified Water.

KEY INGREDIENTS & BENEFITS

Organic Flaxseed Oil: Provides alpha-linolenic acid (ALA), a plant-derived omega-3 fatty acid that supports cardiovascular health, balanced inflammatory signaling, and cell membrane flexibility. ALA supports integrity of cellular membranes throughout the body. It also contributes linoleic acid, an essential omega-6 fatty acid that supports skin health and the structural integrity of cellular membranes throughout the body.

Fish Oil: Supplies omega-3 fatty acids EPA and DHA that support cardiovascular health, neurological signaling, retinal function, and balanced inflammatory pathways. These fatty acids contribute to membrane fluidity, support healthy lipid balance, and help regulate inflammatory mediators important for vascular and neurological health.

Borage Seed Oil: Provides gamma-linolenic acid (GLA), an omega-6 fatty acid that supports healthy prostaglandin production. GLA supports skin hydration, joint comfort, immune regulation, and hormone balance while contributing to structural integrity of cellular membranes. It rounds out the blend with additional linoleic acid, further supporting skin health and membrane structure.

INSTRUCTIONS

Maintenance dose: 1 capsule three times daily with food

Therapeutic dose: 2 capsules three times daily with food

ALLERGEN & DIETARY INFO

- cGMP Facility
- Gluten Free
- Non-GMO

SAFETY & CONTRAINDICATIONS

- Generally well tolerated when used as directed.
- Contains fish (fish oil); use caution in individuals with fish allergies.
- Generally considered safe during pregnancy and lactation when used at recommended doses.
- Generally well tolerated in children when used with age-appropriate dosing under practitioner guidance.

Updated: 7/9/26



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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