

Youngevity EFA Comparison Chart

Product	Total Omega (mg)	Which Omegas (mg)	Percent of Each Omega	Which Oils	Calories per Softgel	Cost per Bottle	Cost per Softgel	Cost per 100 mg of Omega 3
Ultimate EFA 60 Item # 20641	714	Total Omega 3 - 463 Omega 3 (ALA) - 447 Omega 3 (DHA) - 16 Omega 3 (EPA) - 0	Total Omega 3 - 65% Omega 3 (ALA) - 63% Omega 3 (DHA) - 2% Omega 3 (EPA) - 0%	Flaxseed Oil Fish Oil (Tuna) Borage Oil	9	\$21.95	\$0.37	\$0.08
		Total Omega 6 - 114 Omega 6 (LA) - 110 Omega 6 (GLA) - 4	Total Omega 6 - 16% Omega 6 (LA) - 15% Omega 6 (GLA) - 0.5%			4 Pack \$79.95 Save \$7.85	\$0.33	\$0.07
		Omega 9 (OA) - 137	Omega 9 (OA) - 19%					
Ultimate EFA 180 Item # 21832	714	Total Omega 3 - 463 Omega 3 (ALA) - 447 Omega 3 (DHA) - 16 Omega 3 (EPA) - 0	Total Omega 3 - 65% Omega 3 (ALA) - 63% Omega 3 (DHA) - 2% Omega 3 (EPA) - 0%	Flaxseed Oil Fish Oil (Tuna) Borage Oil	9	\$44.95 Save \$20.90 vs buying 3 of the 60 count	\$0.25	\$0.05
		Total Omega 6 - 114 Omega 6 (LA) - 110 Omega 6 (GLA) - 4	Total Omega 6 - 16% Omega 6 (LA) - 15% Omega 6 (GLA) - 0.5%			4 Pack \$174.95 Save \$4.85	\$0.24	\$0.05
		Omega 9 (OA) - 137	Omega 9 (OA) - 19%					
EFA Plus 90 Count Item # 20989	827	Total Omega 3 - 585 Omega 3 (ALA) - 300 Omega 3 (DHA) - 114 Omega 3 (EPA) - 171	Total Omega 3 - 71% Omega 3 (ALA) - 36% Omega 3 (DHA) - 14% Omega 3 (EPA) - 21%	Fish Oil (Anchovy, Sardines, or Pollock)	12	\$34.95	\$0.39	\$0.07
		Total Omega 6 - 122 Omega 6 (LA) - 103 Omega 6 (GLA) - 19	Total Omega 6 - 15% Omega 6 (LA) - 13% Omega 6 (GLA) - 2%			Flaxseed Oil Borage seed Oil	4 Pack \$129.95 Save \$9.85	\$0.36
		Omega 9 (OA) - 120	Omega 9 (OA) - 14%					
Projoba Omega (120) Item # PJ290	300	Total Omega 3 - 300 Omega 3 (DHA) - 120 Omega 3 (EPA) - 180	Total Omega 3 - 100% Omega 3 (DHA) - 40% Omega 3 (EPA) - 60%	Fish Oil	10	\$17.95	\$0.15	\$0.05
						12 = \$179.95 Save \$35.45	\$0.125	\$0.04
SMART Fx 60 Count Item # 20970	315	Total Omega 3 - 315 Omega 3 (ALA) - 35 Omega 3 (DHA) - 230 Omega 3 (EPA) - 50	Total Omega 3 - 100% Omega 3 (ALA) - 11% Omega 3 (DHA) - 73% Omega 3 (EPA) - 16%	Fish Oil Safflower Oil	5	\$33.95	\$0.57	\$0.18
						4 = \$124.95 Save \$10.85	\$0.52	\$0.17
Multi EFA	USYG102165 \$26.95 - 90 Softgels Only contains Omega 6, No Omega 3, made for vegetarians, Evening Primrose Oil							