

Nature's Way® EFAGold®
is the highest quality hemp
seed oil, and nature's richest
botanical source of Omega-
3/6/9 essential fatty acids.

90% Total EFAs:
18% Omega-3
60% Omega-6
12% Omega-9

Delicious, natural taste.

Superior freshness with
light protective bottles and
nitrogen-flushed packaging.

Cold Pressed, Unrefined
and Hexane-Free. No
chemical solvents, sugars,
starch, artificial colors,
flavors or preservatives.

No pesticides or herbicides.

Satisfaction Guaranteed.
Safety sealed with tamper
evident cap. Do not use if
tamper evident seal is
broken or missing. Keep
out of reach of children.

PLEASE RECYCLE
THIS CONTAINER ♻️

Product of Canada

Certified Organic by
OCPP/PFO-Cert



Non-
GMO
Seeds



EfaGold® Hemp Oil



ORGANIC

90% OMEGA-3/6/9
Cold Pressed / Zero Trans Fat

DIETARY SUPPLEMENT 8 FL. OZ. (237 mL)

Recommendation: Take 1
tablespoon (15 mL) 1 to 2
times daily. May be used in
dips & dressings, on foods
or stirred into cold bever-
ages. Refrigerate after
opening.

Supplement Facts

Serving Size 1 Tbsp (15 mL)
Servings Per Container 16

Amount Per Serving	% Daily Value
Calories	130
Calories from fat	130
Total Fat	14g 28%
Saturated Fat	1.5g 3%
Transmonounsaturated Fat	11g 22%
Monounsaturated Fat	1.5g 3%

Omega-3 Fatty Acids as Alpha-Linolenic Acid (ALA)	2.5g (2,400 mg)
Omega-6 Fatty Acids	8.5g (8,400 mg)
Linoleic Acid (LA)	8g (8,000 mg)
Gamma-Linolenic Acid (GLA)	420mg
Omega-9 Fatty Acids as Oleic Acid (OA)	1.7g (1,600 mg)

(Percent Daily Values are based on a  **Daily Values not established.
*Equivalent Organic (veg. oil based), Hydrolyzed (veg. oil based), Synthetic (veg. oil based), Natural (veg. oil based), Flavored (veg. oil based), etc.

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Serving Size: 1 tablespoon (15 mL) Liquid	Amount/Serving	%DV
Calories	130	
Calories from fat	130	
Total Fat	14g	22%**
Saturated Fat	1.5g	2%**
Polyunsaturated fat	11g	*
Monounsaturated fat	1.5g	*
Omega-3 Fatty Acids as Alpha-Linolenic Acid (ALA)	2.5g	*
Omega-6 Fatty Acids	8.5g	*
Linoleic Acid (LA)	8g	*
Gamma-Linolenic Acid (GLA)	420mg	*
Omega-9 Fatty Acids as Oleic Acid (OA)	1.7g	*