



Easy-to-Use Softgel Caps!

Directions: Take 3 EFA Lean™ Gold Softgel Capsules with a meal.

Enjoy greater fat loss, better muscle tone, higher energy levels, and more vibrant health with **EFA Lean™ Gold!**

EFA Lean™ Gold provides protection against essential fatty acid deficiencies, which are common in unbalanced diets, by providing a unique blend of omega-3,6, and 9 essential fatty acids, and GLA (gamma linoleic acid) which also has anti-inflammatory properties.

Tonalin® CLA has been shown to play a vital role in reducing body fat and increasing muscle tone according to human clinical studies.

Nutritional uses of Tonalin® licensed to Natural Inc. Under U.S. Patents #5,428,072; 5,554,646 and 5,430,066. Tonalin® is a trademark of Natural Inc.

*The FDA has not evaluated this statement. This product is not intended to diagnose, treat, cure or prevent any disease.

Developed by and
Manufactured for: **LABRADA NUTRITION**
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EFA LEAN™

ESSENTIAL FATTY ACID BLEND

Gold

With **Tonalin® CLA**
Shaping People™

Reduce Body Fat!

Increase Muscle Tone!

**180 Softgel Capsules
Dietary Supplement**



LABRADA
NUTRITION

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 60

Amount Per Serving

Calories 30 Calories from Fat 30

% Daily Value

Total Fat 3.4 g **5%**

Saturated Fat .4g **2%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Total Carbohydrate 0 g **0%**

Dietary Fiber 0 g **0%**

Polyunsaturated Fat 2030 mg †

Omega-3 Fatty Acids 925 mg †

Omega-6 Fatty Acids 715 mg †

Conjugated Linoleic Acid (CLA) 390 mg †

Monounsaturated Fat 550 mg †

Omega-9 Fatty Acids 550 mg †

*Percent Daily Values are based on a 2,000 calorie diet
† Daily Values not established.

EFA Lean™ Proprietary Blend 3657 mg †

Flax Seed Oil (source of alpha linolenic acid-Omega 3 fatty acids, oleic acid-Omega 9 fatty acids & linoleic acid-Omega 6 fatty acids)

Sesame Seed Oil (source of linoleic acid-Omega 6 fatty acids & oleic acid-Omega 9 fatty acids)

Safflower Oil (source of 80% conjugated linoleic acid, oleic acid-Omega 9 fatty acids & linoleic acid-Omega 6 fatty acids)

Borage Oil (source of linoleic acid-Omega 6 fatty acids, gamma linoleic acid-Omega 6 fatty acids & oleic acid-Omega 9 fatty acids)

Sunflower Oil (source of linoleic acid-Omega 6 fatty acids & oleic acid-Omega 9 fatty acids)

Other Ingredients: Pharmaceutical Gelatin, Glycerin USP, Purified Water.