

## Premium Organic Flax Oil

- 57% Omega-3 (alpha-linolenic acid)
- 17% Omega-9 (oleic acid)
- 15% Omega-6 (linoleic acid)

## Superior Freshness & Flavor

- FreshGuard® blend
- Light protective bottles
- Nitrogen-flushed packaging

## Cold Pressed & Unrefined

- Hexane free, no chemical solvents

**GLUTEN FREE.** No sugar, salt, yeast, wheat, corn, soy, dairy products, artificial colors, or flavors.

**Keep out of reach of children.** Safety sealed with outer shrink-wrap seal and inner seal. Do not use if either seal is broken or missing.

Please recycle this container. 

**Pro-Cert**  
ORGANIC

 **VEGETARIAN**



# EfaGold® Organic Flax Oil



## 57% Omega-3

COLD PRESSED • UNREFINED • NO SOLVENTS  
Dietary Supplement • 16 fl oz (480 mL)

**Recommendation:** Shake well before use. Take 1 Tablespoon (15 mL) 1 to 2 times daily. If pregnant, nursing, or taking any medications, consult a healthcare professional before use. **Refrigerate after opening.**

## Supplement Facts

Serving Size 1 Tablespoon (15 mL)  
Servings per Container 32

| Amount per Serving                                   |       | % DV |
|------------------------------------------------------|-------|------|
| Calories                                             | 130   |      |
| Total Fat                                            | 14 g  | 18%† |
| Saturated Fat                                        | 1 g   | 5%†  |
| Trans Fat                                            | 0 g   | **   |
| Polyunsaturated Fat                                  | 10 g  | **   |
| Monounsaturated Fat                                  | 2.5 g | **   |
| Cholesterol                                          | 0 mg  | 0%   |
| Organic Flax Seed Oil                                | 14 g  | **   |
| Omega-3 Fatty Acids<br>as alpha-linolenic acid (ALA) | 8 g   | **   |
| Omega-9 Fatty Acids<br>as oleic acid (OA)            | 2.4 g | **   |
| Omega-6 Fatty Acids<br>as linoleic acid (LA)         | 2.1 g | **   |

†Percent Daily Values (DV) are based on a 2,000 calorie diet. \*\*Daily Value not established.

Other ingredients: FreshGuard® blend (organic sunflower seed oil, organic rosemary extract [stem, leaf], mixed tocopherols, ascorbic acid, citric acid) (preservative to maintain freshness)

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**Questions?** 1-800-9NATURE / [naturesway.com](http://naturesway.com)  
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