

Mega-DHA is the premier fish oil source of DHA—an essential fatty acid needed for proper eye and brain development, as well as **mental and visual function**.*

Supportive but not conclusive research shows that consumption of EPA and DHA Omega-3 fatty acids **may reduce the risk of coronary heart disease**. (See nutrition information for total fat and cholesterol content.)

- **Molecularly distilled**
- **Tested for PCBs**, heavy metals (including mercury) and other impurities
- **No chemical solvents**, sugar, starch, artificial colors, or flavors.

Keep out of reach of children. Safety sealed with printed outer shrink-wrap and inner seal. Do not use if either is broken or missing. Store in a cool, dry place.

◆ LN15682.05 BLK9052



*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**Purity
Tested**



EfaGold®

MEGA-DHA

PREMIUM FISH OIL

**Molecularly Distilled
Plus Vitamin E**



50% DHA / 20% EPA

DIETARY SUPPLEMENT **60 SOFTGELS**

Recommendation: Take 2 softgels daily. If taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 2 Softgels / Servings per Container 30

Amount per Serving		% DV
Calories	20	
Calories from Fat	20	
Total Fat	2 g	3%†
Saturated Fat	0 g	0%†
Trans Fat	0 g	**
Polyunsaturated Fat	2 g	**
Monounsaturated Fat	0 g	**
Cholesterol	10 mg	3%
Total Carbohydrate	0 g	0%†
Sugars	0 g	**
Sugar Alcohol	<1 g	**
Vitamin E (as d-alpha tocopherol)	20 IU	67%
Fish Oil (anchovy)	2 g	**
Total Omega-3 Fatty Acids	1.4 g	**
Docosahexaenoic Acid (DHA)	1 g	**
Eicosapentaenoic Acid (EPA)	400 mg	**

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

Other ingredients: gelatin (softgel), glycerin
Contains fish (anchovy).

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Questions? 1-800-9NATURE / naturesway.com



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