

Premium Organic Flax Oil

- 35 mg lignans
- 54% Omega-3 (alpha-linolenic acid)
- 16% Omega-9 (oleic acid)
- 14% 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 Super Lignan



35 mg Lignan • 54% Omega-3

COLD PRESSED • UNREFINED • NO SOLVENTS
Dietary Supplement • 24 fl oz (705 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 47

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 & Organic Lignan-Rich Flax Seed Oil providing 35 mg lignans	13.8 g	**
Omega-3 Fatty Acids as alpha-linolenic acid (ALA)	7.5 g	**
Omega-9 Fatty Acids as oleic acid (OA)	2.2 g	**
Omega-6 Fatty Acids as linoleic acid (LA)	2 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
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