

**Recommendation:** Take 1 to 2 softgels daily, preferably with breakfast. For intensive use take 2 softgels twice daily (breakfast and lunch).

**Warning:** If you are pregnant, nursing, have a seafood allergy, have a blood clotting disorder, or are taking blood thinning medication, or any other medications, consult a healthcare professional before use.

**Keep out of reach of children.** Safety sealed with printed inner seal. Do not use if seal is broken or missing. Store in a cool, dry place.

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

◆ LN15431.B02 B711714B

©2018 Distributed by Nature's Way Brands, LLC  
Green Bay, WI 54311 USA

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

SINCE **Nature's Way** 1969

# EfaGold<sup>®</sup> Krill Oil

Phospholipid Bound Omega-3

500 mg per softgel

30 Softgels • Dietary Supplement

## EfaGold<sup>®</sup> Antarctic Krill Oil

- Sustainable source with 100% traceability back to the harvest location
- Krill Oil's omega-3 fatty acids are in optimal phospholipid form
- Smaller effective dose than fish oil makes for easier intake
- Purity tested for PCBs, heavy metals (including mercury) and other impurities
- No fishy burp-back or aftertaste

SINCE **Nature's Way** 1969

# EfaGold<sup>®</sup> Krill Oil

Phospholipid Bound Omega-3

100% Pure Krill Oil from  
Sustainable Antarctic Source  
No fishy burp-back  
or aftertaste



500 mg per softgel

Purity Tested

30 Softgels • Dietary Supplement

## Supplement Facts

Serving Size 2 Softgels / Servings per Container 15

Amount per Serving	% DV
Calories	10
Total Fat	<1 g 1%†
Cholesterol	10 mg 3%
Sodium	5 mg <1%
Krill Oil	1 g **
Phospholipids	400 mg **
Omega-3 Fatty Acids	220 mg **
Eicosapentaenoic Acid (EPA)	120 mg **
Docosahexaenoic Acid (DHA)	55 mg **
Astaxanthin	80 mcg **

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

Other ingredients: gelatin (softgel), glycerin, purified water  
Contains shellfish (krill).



■ LBN15431.B02 B711714B

**Recommendation:** Take 1 to 2 softgels daily, preferably with breakfast. For intensive use take 2 softgels twice daily (breakfast and lunch).

**Warning:** If you are pregnant, nursing, have a seafood allergy, have a blood clotting disorder, or are taking blood thinning medication, or any other medications, consult a healthcare professional before use.

## Supplement Facts

Serving Size 2 Softgels / Servings per Container 15

Amount per Serving	% DV
Calories	10
Total Fat	<1 g 1%†
Cholesterol	10 mg 3%
Sodium	5 mg <1%
Krill Oil	1 g **
Phospholipids	400 mg **
Omega-3 Fatty Acids	220 mg **
Eicosapentaenoic Acid (EPA)	120 mg **
Docosahexaenoic Acid (DHA)	55 mg **
Astaxanthin	80 mcg **

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

Other ingredients: gelatin (softgel), glycerin, purified water  
Contains shellfish (krill).

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

©2018 Distributed by Nature's Way Brands, LLC  
Green Bay, WI 54311 USA

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

## Heart Health\*

Krill Oil may help reduce the risk of coronary heart disease. 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).

## Other Benefits

EfaGold<sup>®</sup> Krill Oil supports healthy joints and blood triglyceride levels already within normal range.\*

**Keep out of reach of children.** Safety sealed with printed inner seal. Do not use if seal is broken or missing. Store in a cool, dry place.

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

