

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.

◆ LN15432 . B02 87117148

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

SINCE **Nature's Way** 1969

EfaGold®

Krill Oil

Phospholipid Bound Omega-3

500 mg per softgel

60 Softgels • Dietary Supplement

Supplement Facts

Serving Size 2 Softgels / Servings per Container 30

Amount per Serving	% DV
Calories	10
Total Fat	<1 g 1%†
Cholesterol	10 mg 3%
Sodium	15 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).



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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® Krill Oil supports healthy joints and blood triglyceride levels already within normal range.*

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



EfaGold® 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**

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