Nature's Way® EFAGold® is the highest quality Flax Oil—guaranteed to contain 57% alpha-linolenic acid (ALA).

Quality control from soil to oil. Our involvement begins in the fields and continues through harvesting, seed selection, oil pressing and purity testing.

Cold Pressed, Unrefined & Hexane-Free. No chemical solvents, sugars, starch, artificial colors, flavors or preservatives.

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

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PLEASE RECYCLE

Non-GMO Seeds

Nature's Way®

EfaGold

Flax Oil

Cold Pressed
Zero Trans Fat

1000 MG

with 57% ALA

DIETARY SUPPLEMENT 100 SOFTGELS

Recommendation: Take 3 softgels 2 to 3 times daily.

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 33

Amount Per Serving		% Daily Value
Calories	30	
Calories from Fat	25	
Total Fat	3 g	5%†
Organic Flax Oil (seed)	3 g (3,000 mg)	**
Omega-3 Fatty Acids as Alpha-Linolenic Acid (ALA)	1.7 g (1,710 mg)	**
Omega-9 Fatty Acids as Oleic Acid (OA)	510 mg	**
Omega-6 Fatty Acids Linoleic Acid (LA)	450 mg	**

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

Ingredients: Gelatin (softgel), Glycerin, Carob, Purified Water

Product of Canada

Distributed by
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Green Bay, WI 54311 USA
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