

Nature's Way® EfaGold® is the highest quality Evening Primrose Oil—guaranteed to contain 10% gamma-linolenic acid (GLA).

Hand Harvested & Hand Cleaned.

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**



EfaGold®

Evening Primrose



**Cold Pressed Oil
Hand Harvested
Zero Trans Fat**

500 MG

with 10% GLA

DIETARY SUPPLEMENT 100 SOFTGELS

Recommendation: Take 1 softgel
3 to 6 times daily.

Supplement Facts

Serving Size 1 Softgel

Servings Per Container 100

Amount Per Serving	%Daily Value	
Calories	5	
Calories from Fat	5	
Total Fat	0.5 g	<1%†
Evening Primrose Oil (seed)	500 mg	**
Omega-6 Fatty Acids	419 mg	**
Linoleic Acid (LA)	369 mg	**
Gamma-Linolenic Acid (GLA)	50 mg	**
Omega-9 Fatty Acids including Oleic Acid (OA)	36 mg	**

†Percent Daily Values are based on a 2,000 calorie diet.

**Daily Values not established.

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