Nature's Way® EFAGold® is the highest quality flax seed oil, and one of nature's richest botanical sources of healthy Omega-3 essential fatty acids.

35 mg Lignans 54% Omega-3 alpha-linolenic

acid (ALA) 16% Omega-9 oleic acid (OA)

14% Omega-6 linoleic acid (LA) Fuller taste due to more naturally

occuring nutrients than other brands.

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

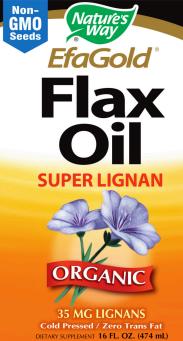
Superior freshness with FreshGuard® antioxidants, light protective bottles and nitrogenflushed packaging.

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

Satisfaction Guaranteed, Sealed with an outer shrinkwrap seal and inner freshness seal. Do not use if either seal is broken or missing. Keep out of reach of children.

PLEASE RECYCLE THIS CONTAINER





Recommendation: Shake well before use as natural settling may occur. Take 1 tablespoon (15 ml) 1 to 2 times daily. May also be used in salad dressings. dips and spreads; on bread, rice and pasta or stirred into yogurt, cottage cheese, juice or cold beverages. Refrigerate after opening.

Supplement Facts

Serving Size 1 Tbsp (15 mL)

Servings Per Container 32		
Amount Per Serving		% Daily Value
Calories	130	
Calories from Fat	130	
Total Fat	14 g	22%†
Saturated Fat	1.5 g	7%†
Polyunsaturated Fat	10 g	**
Monounsaturated Fat	2.5 g	**

Omega-3 Fatty Acids 7.5 g (7.490 mg) as Alpha-Linolenic Acid (ALA)

Lignan-Rich Flax 2.2 g (2,200 mg) ** (providing 35 mg Lignans) 2.2 g (2,230 mg) ** Omega-9 Fatty Acids

as Oleic Acid (OA) Omega-6 Fatty Acids 2.0 a (1.970 ma) **

as Linoleic Acid (LA)

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

**Daily Value not established Ingredients: Organic Flax Oil (seed), Organic Lignan-Rich Flax Oil (seed),

Antioxidant Blend (Organic Sunflower Oil (seed), Organic Rosemary (stem, leaf), Mixed Tocopherols, Ascorbic Acid, Citric Acid) Product of Canada @2011 R/0

Distributed by: Nature's Way Products, Inc. Green Bay, WI 54311 USA 1-800-9NATURE/www.naturesway.com

Certified Organic by Pro-Cert Pro-Cert

