



Easy-to-Use Softgel Caps!

Directions: Take 3 EFA Lean™ Gold Softgel Capsules with any meal. (Do not exceed 6 capsules per day.)

Enjoy greater fat loss, better muscle tone, higher energy levels, and more vibrant health with **EFA Lean™ Gold!**

EFA Lean™ Gold provides protection against essential fatty acid deficiencies, which are common in unbalanced diets, by providing a unique blend of omega-3, 6, and 9 essential fatty acids, and GLA (gamma linoleic acid) which also has anti-inflammatory properties.

Tonalin® CLA has been shown to play a vital role in reducing body fat and increasing muscle tone according to human clinical studies.

Nutritional uses of Tonalin® licensed to Natural Inc. under U.S. Patents #5,428,072; 5,554,646 and 5,430,066. Tonalin® is a trademark of Natural Inc.

* The FDA has not evaluated this statement. This product is not intended to diagnose, treat, cure or prevent any disease.

Developed by and **LABRADA NUTRITION**
Manufactured for: 333 Northpark Central Drive
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Comments?
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Visit us on the web

www.labrada.com



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EFA LEAN™ Gold

ESSENTIAL FATTY ACID BLEND

Reduce Body Fat!

Increase Muscle Tone!

**180 Softgel Capsules
Dietary Supplement**



With
Tonalin® CLA
Shaping People™

LABRADA
NUTRITION

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 60

Amount Per Serving

Calories 30 Calories from Fat 30

% Daily Value*

Total Fat 3.4 g 5%

Saturated Fat .4g 2%

Trans Fat 0 g

Cholesterol 0 mg 0%

Total Carbohydrate 0 g 0%

Dietary Fiber 0 g 0%

Polyunsaturated Fat 2030 mg †

Omega-3 Fatty Acids 925 mg †

Omega-6 Fatty Acids 715 mg †

Conjugated Linoleic Acid (CLA) 390 mg †

Monounsaturated Fat 550 mg †

Omega-9 Fatty Acids 550 mg †

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

EFA Lean™ Proprietary Blend 3657 mg †

Flax Seed Oil (source of alpha linolenic acid - Omega 3 fatty acids, oleic acid-Omega 9 fatty acids & linoleic acid - Omega 6 fatty acids)

Sesame Seed Oil (source of linoleic acid - Omega 6 fatty acids & oleic acid - Omega 9 fatty acids)

Safflower Oil (source of 80% conjugated linoleic acid, oleic acid - Omega 9 fatty acids & linoleic acid-Omega 6 fatty acids)

Sorage Oil (source of linoleic acid-Omega 6 fatty acids, gamma linolenic acid-Omega 6 fatty acids & oleic acid - Omega 9 fatty acids)

Sunflower Oil (source of linoleic acid - Omega 6 fatty acids & oleic acid- Omega 9 fatty acids)

Other Ingredients: Pharmaceutical Gelatin, Glycerin USP, Purified Water.