

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

Cold Pressed, Unrefined.

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

**Non-
GMO
Seeds**



EfaGold®

**Evening
Primrose**

**Cold Pressed Oil
Zero Trans Fat**



500 MG

with 10% GLA

DIETARY SUPPLEMENT 100 SOFTGELS

Recommendation: Take 1 softgel 3 to 6 times daily. If pregnant, nursing or taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% DV
Calories	5
Calories from Fat	5
Total Fat	0.5 g <1%†
Saturated Fat	0 g 0%†
Trans Fat	0 g **
Polyunsaturated Fat	0.5 g **
Monounsaturated Fat	0 g **
Cholesterol	0 mg 0%†
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 (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

Other ingredients: gelatin (softgel), glycerin, purified water

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PLEASE
RECYCLE