

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)

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 nitrogen-flushed 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.

‡See Supplement Facts for Fat Content.

PLEASE RECYCLE
THIS CONTAINER



**Non-
GMO
Seeds**



EfaGold®

Flax Oil

SUPER LIGNAN



ORGANIC

35 MG LIGNANS

Cold Pressed / Zero Trans Fat‡

DIETARY SUPPLEMENT **Net Wt: 16 FL. OZ. (474 mL, 450 g)**

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	% DV
Calories	130
Calories from Fat	130
Total Fat	14 g 22%†
Saturated Fat	1.5 g 7%†
Trans Fat	0 g **
Polyunsaturated Fat	10 g **
Monounsaturated Fat	2.5 g **
Cholesterol	0 mg 0%†
Omega-3 Fatty Acids as Alpha-Linolenic Acid (ALA)	7.4 g **
Lignan-Rich Flax (providing 35 mg Lignans)	2.2 g **
Omega-9 Fatty Acids as Oleic Acid (OA)	2.2 g **
Omega-6 Fatty Acids as Linoleic Acid (LA)	2.0 g **

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

**Daily Value not established.

Ingredients: Organic Flax Oil (seed), Organic Lignan-Rich Flax Oil (seed), FreshGuard® Blend: (Organic Sunflower Oil (seed), Organic Rosemary (stem/leaf), Mixed Tocopherols, Ascorbic Acid, Citric Acid)

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

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