

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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PLEASE
RECYCLE

**Non-
GMO
Seeds**



EfaGold®

**Evening
Primrose**

MAX STRENGTH†

Cold Pressed Oil

Zero Trans Fat



1300 MG

with 10% GLA

*Compared to
500 mg dosage

DIETARY SUPPLEMENT 120 SOFTGELS

Recommendation: Take 1 softgel 2 to 3 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	15	
Calories from Fat	10	
Total Fat	1.5 g	2%†
Saturated Fat	0 g	0%†
Trans Fat	0 g	**
Polyunsaturated Fat	1 g	**
Monounsaturated Fat	0 g	**
Cholesterol	0 mg	0%†
Evening Primrose Oil (seed)	1.3 g	**
Omega-6 Fatty Acids	1.09 g	**
Linoleic Acid (LA)	960 mg	**
Gamma-Linolenic Acid (GLA)	130 mg	**
Omega-9 Fatty Acids including Oleic Acid (OA)	65 mg	**

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

**Daily Value not established.

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