

Nature's Way® EfaGold® is the highest quality Flax Oil—guaranteed to contain 57% alpha-linolenic acid (ALA).

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

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

If pregnant, nursing or taking any medications, consult a healthcare professional before use.

Satisfaction Guaranteed. Safety sealed with printed outer shrink-wrap 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.

◆ LN15425.03 B711820 C8248



PLEASE
RECYCLE

[†]Compared to
1000 mg dosage

**Non-
GMO
Seeds**



EfaGold®

Flax Oil

MAX STRENGTH[†]



**Cold Pressed
Zero Trans Fat**

1300 MG

with 57% ALA

DIETARY SUPPLEMENT 200 SOFTGELS

Recommendation: Take 2 softgels 2 to 3 times daily.

Supplement Facts

Serving Size 2 Softgels / Servings Per Container 100

Amount Per Serving		% DV
Calories	30	
Calories from Fat	25	
Total Fat	2.5 g	4% [†]
Saturated Fat	0 g	0% [†]
Trans Fat	0 g	**
Polyunsaturated Fat	1.5 g	**
Monounsaturated Fat	0 g	**
Cholesterol	0 mg	0% [†]
Protein	<1 g	1% [†]
Organic Flax Oil (seed)	2.6 g	**
Omega-3 Fatty Acids as Alpha-Linolenic Acid (ALA)	1.4 g	**
Omega-9 Fatty Acids as Oleic Acid (OA)	442 mg	**
Omega-6 Fatty Acids as Linoleic Acid (LA)	390 mg	**

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

**Daily Value not established.

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

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