

Premium Organic Flax Oil

- 57% Omega-3 (alpha-linolenic acid)
- 17% Omega-9 (oleic acid)
- 15% Omega-6 (linoleic acid)

Superior Freshness & Flavor

- FreshGuard® antioxidants
- Light protective bottles
- Nitrogen-flushed packaging

Cold Pressed & Unrefined

- Hexane free, no chemical solvents

Variety of Uses

- Dressings, dips and spreads
- Yogurt, pasta, rice and cottage cheese
- Smoothies and juice

GLUTEN FREE. No sugar, salt, yeast, wheat, corn, soy, dairy products, artificial colors, flavors or preservatives.

Keep out of reach of children. Safety sealed with outer shrinkwrap seal and inner seal. Do not use if either seal is broken or missing.

Please recycle this container.



EfaGold® Flax Oil



57% Omega-3

COLD PRESSED • UNREFINED • NO SOLVENTS

Dietary Supplement • 720 mL (24 fl oz)

Recommendation: Shake well before use. Take 1 tablespoon (15 mL) 1 to 2 times daily. If pregnant, nursing or taking any medications, consult a healthcare professional before use.
Refrigerate after opening.

Supplement Facts

Serving Size 1 Tablespoon (15 mL)

Servings per Container 48

Amount Per Serving	% DV
Calories	130
Calories from Fat	130
Total Fat	14 g 22%†
Saturated Fat	1 g 5%†
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)	8 g **
Omega-9 Fatty Acids as oleic acid (OA)	2.4 g **
Omega-6 Fatty Acids as linoleic acid (LA)	2.1 g **

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

Ingredients: organic flax seed oil, FreshGuard® blend (organic sunflower seed oil, organic rosemary extract [stem, leaf], mixed tocopherols, ascorbic acid, citric acid)

©2016 Distributed by Nature's Way Brands, LLC
Green Bay, WI 54311 USA • Product of Canada
Certified Organic by Pro-Cert

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

LN15427.A01 BLQ7647A



0 33674 15427 4