

Recommendation: Take 1 to 2 softgels daily, preferably with breakfast. For intensive use take 2 softgels twice daily (breakfast and lunch).

Caution: If you are pregnant, nursing, have a seafood allergy, have a blood clotting disorder or are taking blood thinning medication or any other medications, consult a healthcare professional before use.

Keep out of reach of children. Safety sealed with printed outer shrinkwrap and inner seal. Do not use if either is broken or missing. Store in a cool, dry place.

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

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EfaGold

Krill Oil

Phospholipid Bound Omega-3

30 Softgels • 500 mg • Dietary Supplement

EfaGold® Antarctic Krill Oil

- Sustainable source with 100% traceability back to the harvest location
- Krill Oil's omega-3 fatty acids are in optimal phospholipid form
- Smaller effective dose than fish oil makes for easier intake
- Purity tested for PCBs, heavy metals (including mercury) and other impurities
- No fishy burp-back or aftertaste



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Purity Tested

30 Softgels • Dietary Supplement

Supplement Facts

Serving Size 2 Softgels / Servings per Container 15

Amount Per Serving		% DV
Calories	10	
Total Fat	<1 g	1%†
Cholesterol	10 mg	3%†
Sodium	10 mg	<1%†
Krill (shellfish) Oil	1 g	**
Phospholipids	400 mg	**
Omega-3 Fatty Acids	220 mg	**
Eicosapentaenoic Acid (EPA)	120 mg	**
Docosahexaenoic Acid (DHA)	55 mg	**
Astaxanthin	80 mcg	**

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

**Daily Value not established.

Other ingredients: gelatin (softgel), glycerin, purified water
Contains shellfish (Krill).

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Heart Health

Krill Oil may help reduce the risk of coronary heart disease. Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease (see nutrition information for total fat and cholesterol content).

Other Benefits

EfaGold® Krill Oil supports healthy joints and blood triglyceride levels already within normal range.*

*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to

diagnose, treat, cure or prevent any disease.

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