

Nature's Way® EfaGold® is the highest quality Borage Oil—24% gamma-linolenic acid (GLA).

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.

No chemical solvents, sugars, starch, artificial colors, 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.

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Non-Bioengineered Seeds



EfaGold® Borage



Cold Pressed Oil

1300 MG

with 24% GLA

DIETARY SUPPLEMENT 60 SOFTGELS

Recommendation: Take 1 softgel one to two times daily.

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%†
Borage Oil (seed)	1.3 g	**
Omega-6 Fatty Acids	781 mg	**
Linoleic Acid (LA)	469 mg	**
Gamma-Linolenic Acid (GLA)	312 mg	**
Omega-9 Fatty Acids as Oleic Acid (OA)	190 mg	**

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

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

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