

Nature's Way® EfaGold® is the highest quality Evening Primrose Oil—guaranteed to contain 10% gamma-linolenic acid (GLA).

Cold Pressed

No chemical solvents, sugars, starch, artificial colors, flavors or preservatives.

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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PLEASE
RECYCLE

**Non-
Bioengineered
Seeds**



EfaGold®

**Evening
Primrose**

Cold Pressed Oil



500 MG

with 10% GLA

DIETARY SUPPLEMENT 100 SOFTGELS

Recommendation: Take 1 softgel 3 to 6 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	5	
Calories from Fat	5	
Total Fat	0.5 g	<1%†
Evening Primrose Oil (seed)	500 mg	**
Omega-6 Fatty Acids	419 mg	**
Linoleic Acid (LA)	369 mg	**
Gamma-Linolenic Acid (GLA)	50 mg	**
Omega-9 Fatty Acids including Oleic Acid (OA)	36 mg	**

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

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