

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

Cold Pressed, Unrefined.

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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◆ LN15419.A05 B711817A C8098



PLEASE
RECYCLE

**Non-
GMO
Seeds**



EfaGold®

**Evening
Primrose**

MAX STRENGTH†

Cold Pressed Oil



1300 MG

with 10% GLA

*Compared to
500 mg dosage

DIETARY SUPPLEMENT 120 SOFTGELS

Recommendation: Take 1 softgel 2 to 3 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	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%†
Evening Primrose Oil (seed)	1.3 g	**
Omega-6 Fatty Acids	1 g	**
Linolenic Acid (LA)	960 mg	**
Gamma-Linolenic Acid (GLA)	130 mg	**
Omega-9 Fatty Acids including Oleic Acid (OA)	65 mg	**

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

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