

Nature's Way® EfaGold® is the highest quality Flax Oil—57% alpha-linolenic acid (ALA).

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 & Hexane-Free. No chemical solvents, sugars, starch, artificial 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.



**Non-
Bioengineered
Seeds**



EfaGold®

Flax Oil



Cold Pressed

1000 MG
(Per Softgel)

with 57% ALA

DIETARY SUPPLEMENT 100 SOFTGELS

Recommendation: Take 3 softgels 2 to 3 times daily. If taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 3 Softgels / Servings per Container 33

Amount per Serving	% DV
Calories	30
Calories from Fat	30
Total Fat	3 g 5%†
Total Carbohydrate	<0.5 g <1%†
Sugars	0 g **
Sugar Alcohol	<0.5 g **
Protein	<1 g 1%†
Organic Flax Oil (seed)	3 g **
Omega-3 Fatty Acids as Alpha-Linolenic Acid (ALA)	1.71 g **
Omega-9 Fatty Acids as Oleic Acid (OA)	509 mg **
Omega-6 Fatty Acids as Linoleic Acid (LA)	450 mg **

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

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

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