

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 and Hexane-Free. No chemical solvents, sugars, starch, artificial 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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PLEASE
RECYCLE

*Compared to
1000 mg dosage

**Non-
Bioengineered
Seeds**



EfaGold®

Flax Oil

MAX STRENGTH[†]



Cold Pressed

1300 MG

with 57% ALA

DIETARY SUPPLEMENT 100 SOFTGELS

Recommendation: Take 2 softgels 2 to 3 times daily.

Supplement Facts

Serving Size 2 Softgels / Servings per Container 50

Amount Per Serving		% DV
Calories	30	
Calories from Fat	25	
Total Fat	2.5 g	4%†
Saturated Fat	0 g	0%†
Trans Fat	0 g	**
Polyunsaturated Fat	1.5 g	**
Monounsaturated Fat	0 g	**
Cholesterol	0 mg	0%†
Protein	<1 g	1%†
Organic Flax Oil (seed)	2.6 g	**
Omega-3 Fatty Acids as Alpha-Linolenic Acid (ALA)	1.4 g	**
Omega-9 Fatty Acids as Oleic Acid (OA)	442 mg	**
Omega-6 Fatty Acids as Linoleic Acid (LA)	390 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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