

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.

If 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.

Non-Bioengineered Seeds



EfaGold®

Flax Oil

MAX STRENGTH[‡]

Cold Pressed

1300 MG
(Per Softgel)

with 57% ALA



[‡]Compared to 1000 mg dosage

DIETARY SUPPLEMENT 200 SOFTGELS

Recommendation: Take 2 softgels 2 to 3 times daily.

Supplement Facts

Serving Size 2 Softgels / Servings per Container 100

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)	2.60 g	**
Omega-3 Fatty Acids as Alpha-Linolenic Acid (ALA)	1.48 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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Questions? 1-800-9NATURE / naturesway.com

◆ LN15425.04 B711820 C8248



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