

Premium Organic Flax Oil

- 35 mg lignans
- 54% Omega-3 (alpha-linolenic acid)
- 16% Omega-9 (oleic acid)
- 14% Omega-6 (linoleic acid)

Superior Freshness & Flavor

- FreshGuard® antioxidants
- Light protective bottles
- Nitrogen-flushed packaging

Cold Pressed & Unrefined

- Hexane free, no chemical solvents

Variety of Uses

- Dressings, dips and spreads
- Yogurt, pasta, rice and cottage cheese
- Smoothies and juice

GLUTEN FREE. No sugar, salt, yeast, wheat, corn, soy, dairy products, artificial colors, flavors or preservatives.

Keep out of reach of children. Safety sealed with outer shrinkwrap seal and inner seal. Do not use if either seal is broken or missing.

Please recycle this container.



EfaGold® Flax Oil Super Lignan



35 mg Lignan • 54% Omega-3

COLD PRESSED • UNREFINED • NO SOLVENTS

Dietary Supplement • 480 mL (16 fl oz)

Recommendation: Shake well before use. Take 1 tablespoon (15 mL) 1 to 2 times daily. If pregnant, nursing or taking any medications, consult a healthcare professional before use. **Refrigerate after opening.**

Supplement Facts

Serving Size 1 Tablespoon (15 mL)
Servings per Container 32

Amount Per Serving	% DV
Calories	130
Calories from Fat	130
Total Fat	14 g 22%†
Saturated Fat	1 g 5%†
Trans Fat	0 g **
Polysaturated Fat	10 g **
Monounsaturated Fat	2.5 g **
Cholesterol	0 mg 0%†
Omega-3 Fatty Acids as alpha-linolenic acid (ALA)	7.5 g **
Lignan-Rich Flax providing 35 mg lignans	2.7 g **
Omega-9 Fatty Acids as oleic acid (OA)	2.2 g **
Omega-6 Fatty Acids as linoleic acid (LA)	2 g **

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

Ingredients: organic flax seed oil, organic lignan-rich flax seed oil, FreshGuard® blend (organic sunflower seed oil, organic rosemary extract [stem, leaf], mixed tocopherols, ascorbic acid, citric acid)

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Questions? 1-800-9NATURE / naturesway.com

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