

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

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PLEASE  
RECYCLE

\*Compared to  
500 mg dosage

Non-  
GMO  
Seeds



EfaGold®

Evening  
**Primrose**

**MAX STRENGTH†**

Cold Pressed Oil

Zero Trans Fat



**1300 MG**

**with 10% GLA**

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	1.09 g	**
Linoleic 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