



EfaGold®

Krill Oil

Bioavailable Omega-3

60 Softgels • 500 mg • Dietary Supplement

Recommendation: Take 1 to 2 softgels daily, preferably with breakfast. For intensive use take 2 softgels twice daily (breakfast and lunch).

Caution: If you are pregnant, nursing, have a seafood allergy, have a blood clotting disorder or are taking blood thinning medication or any other medications, consult a healthcare professional before use.

Keep out of reach of children. Safety sealed with printed outer shrinkwrap and inner seal. Do not use if either is broken or missing. Store in a cool, dry place.

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

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

Supplement Facts

Serving Size 2 Softgels / Servings per Container 30

Amount Per Serving		% DV
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%†
Cholesterol	20 mg	7%†
Sodium	10 mg	<1%†
Krill Oil	1 g	**
Omega-3 Fatty Acids	220 mg	**
Eicosapentaenoic Acid (EFA)	120 mg	**
Docosahexaenoic Acid (DHA)	55 mg	**
Phospholipids	400 mg	**
Astaxanthin	80 mcg	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

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