

**Nature's Way® EfaGold®** is the highest quality Borage Oil—guaranteed to contain 24% gamma-linolenic acid (GLA).

**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.** No chemical solvents, sugars, starch, artificial colors, flavors or preservatives.

If pregnant, nursing or taking any medications, consult a healthcare professional before use.

**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.

**Non-GMO  
Seeds**



# EfaGold® Borage



**Cold Pressed Oil**

**Zero Trans Fat**

**1300 MG**

**with 24% GLA**

DIETARY SUPPLEMENT 60 SOFTGELS

**Recommendation:** Take 1 softgel one to two times daily.

## 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%†
Borage Oil (seed)	1.3 g	**
Omega-6 Fatty Acids	781 mg	**
Linoleic Acid (LA)	469 mg	**
Gamma-Linolenic Acid (GLA)	312 mg	**
Omega-9 Fatty Acids as Oleic Acid (OA)	190 mg	**

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

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

©2015 Distributed by Nature's Way Brands, LLC  
Green Bay, WI 54311 USA / Product of Canada  
**Questions? 1-800-9NATURE / naturesway.com**

◆ LN15413.02 B711814 C8203



PLEASE  
RECYCLE



0 33674 15413 7