

# Swanson® EFA<sup>s</sup>

SUPERIOR ESSENTIAL FATTY ACIDS

ΩMEGA<sup>TRU</sup>™

## MultiOmega 3-6-9

(Flax, Borage, Fish)

Dietary Supplement

120 softgels



• DO NOT USE IF SEAL IS BROKEN • KEEP OUT OF REACH OF CHILDREN  
• STORE IN A COOL, DRY PLACE. DO NOT REFRIGERATE.

**SUGGESTED USE:** As a dietary supplement, take two softgels two to three times per day with food and water.

**WARNING:** Consult your healthcare provider before use if you are taking a blood-thinning medication.

## Supplement Facts

Serving Size 2 Softgels  
Servings Per Container 60

|                                    | Amount Per Serving | % Daily Value |
|------------------------------------|--------------------|---------------|
| Calories                           | 25                 |               |
| Calories from Fat                  | 20                 |               |
| Total Fat                          | 2 grams            | 3%†           |
| Cholesterol                        | 5 mg               | 1%†           |
| Protein                            | <1 gram            |               |
| Vitamin E (from mixed tocopherols) | 20 IU              | 67%           |

Borage Oil (GMO free)

Typical Fatty Acid Profile:

Omega-6—Linoleic Acid 30–40%

Omega-6—GLA (gamma-linolenic acid) 19–26%

Omega-9—Oleic Acid 12–18%

Fish Oil 18/12 (GMO free)

Typical Fatty Acid Profile:

Omega-3—EPA (eicosapentaenoic acid) 12–22%

Omega-3—DHA (docosahexaenoic acid) 10–14%

Flax Oil (GMO free)

Typical Fatty Acid Profile:

Omega-3—ALA (alpha-linolenic acid) 40–60%

Omega-6—Linoleic Acid 12–18%

Omega-9—Oleic Acid 12–18%

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

\*Daily Value not established.

Other ingredients: Gelatin, glycerin, purified water.

MADE IN CANADA

DISTRIBUTED BY SWANSON HEALTH PRODUCTS • PO Box 2803 • Fargo, ND 58108 USA  
TO REORDER, CALL TOLL FREE 1-800-437-4148  
or visit our website at [www.swansonvitamins.com](http://www.swansonvitamins.com)

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