SWANSON®
PREMIUM BRAND
bringing wellness to the world since 1969

Pumpkin Seed Oil

Dietary Supplement

GUARANTEED PURITY & POTENCY

100 softgels • 1,000 mg

• 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 one softgel one to two times per day with water.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving		% Daily Value
Calories	10	
Total Fat	1 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Polyunsaturated Fat	0.5 g	*
Monounsaturated Fat	0 g	*
Pumpkin Seed Oil	1 g	*

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

Other ingredients: Gelatin, glycerin, purified water.

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DISTRIBUTED BY **SWANSON HEALTH PRODUCTS**
Fargo, ND 58104 USA
TO REORDER, CALL TOLL FREE **1-800-437-4148**
or visit our website at www.swansonvitamins.com

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