

Swanson® EFAs

SUPERIOR ESSENTIAL FATTY ACIDS



Pristine Norwegian
Cod Liver Oil
Dietary Supplement
60 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 two times per day with food and water. For maximum benefit, take four softgels per day.

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

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value
Calories	10
Total Fat	1 g 1%†
Vitamin A	114 mcg RAE 13%
(from ecOmega® Norwegian cod liver oil)	
Vitamin D	1 mcg 5%
(from ecOmega® Norwegian cod liver oil)	

ecOmega® Norwegian Cod Liver Oil 1 g *

Providing Minimum:

EPA (eicosapentaenoic acid) as triglyceride (TG)	70 mg *
DHA (docosahexaenoic acid) as triglyceride (TG)	100 mg *
Other Omega-3 Fatty Acids as triglyceride (TG)	20 mg *

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

*Daily Value not established.

Other ingredients: Gelatin, glycerin, purified water, natural lemon flavor, proprietary antioxidant blend (consisting of rosemary extract, ascorbyl palmitate & natural tocopherols).

Contains fish (cod).

DISTRIBUTED BY SWANSON HEALTH PRODUCTS • Fargo, ND 58104 USA
TO REORDER, CALL TOLL FREE 1-800-437-4148
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