

Swanson® EFAs

SUPERIOR ESSENTIAL FATTY ACIDS

ΩMEGA^{TRU}®

Borage 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 one to three times per day with water.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value
Calories	10
Total Fat	1 g 1%
OmegaTru® Borage Oil	1 g *

Providing minimum:

Linoleic Acid (omega-6)	300 mg *
Gamma-Linolenic Acid (omega-6)	190 mg *
Oleic Acid (omega-9)	120 mg *

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**
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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