

Swanson® EFAs

SUPERIOR ESSENTIAL FATTY ACIDS

ΩMEGA^{TRU}®

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 g	3%†
Cholesterol	5 mg	1%†
Protein	<1 g	
Vitamin E (from mixed tocopherols)	20 IU	67%
Borage Oil (GMO free)	800 mg	*
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)	800 mg	*
Typical Fatty Acid Profile:		
Omega-3—EPA (eicosapentaenoic acid)	12–22%	
Omega-3—DHA (docosahexaenoic acid)	10–14%	
Flax Oil (GMO free)	800 mg	*
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** • 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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