

# Swanson® EFAs

SUPERIOR ESSENTIAL FATTY ACIDS

**ΩMEGATRU®**  
Made with Organic  
Flaxseed Oil  
Dietary Supplement  
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 two to three times per day with water.

## Supplement Facts

Serving Size 1 Softgel

| Amount Per Serving | % Daily Value |
|--------------------|---------------|
| Calories           | 10            |
| Total Fat          | 1 g 2%        |

Organic Flaxseed Oil (GMO free) 1 g \*

Fatty Acid Profile:

Omega-3-ALA (alpha-linolenic acid) 50-65%

Omega-6-Linoleic Acid 11-24%

Omega-9-Oleic Acid 11-24%

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

Other ingredients: Gelatin, glycerin, purified water.

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](http://www.swansonvitamins.com)

Certified organic by Minnesota Crop Improvement Association (MCIA),  
St. Paul, MN 55108.

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Solvent free.



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