

Swanson® EFAs

SUPERIOR ESSENTIAL FATTY ACIDS

ΩMEGA^{TRU}®

Made with Organic
Flaxseed Oil

Dietary Supplement

200 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.

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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



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

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Solvent free.



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