

Swanson® EFAs

SUPERIOR ESSENTIAL FATTY ACIDS

Made with
Certified Organic
Virgin

Avocado Oil
Dietary Supplement

60 softgels • 1 gram



• 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 per day with water.

Supplement Facts

Serving Size 1 Softgel

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

Certified Organic Virgin
Avocado Oil (Persea gratissima) (fruit)

Typical Fatty Acid Profile:

Omega-6—Linoleic Acid 6–16%

Omega-9—Oleic Acid 54–74%

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



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



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