

Swanson® EFA's

SUPERIOR ESSENTIAL FATTY ACIDS

OMEGA^{TRU}®

Organic Flaxseed Oil Cold Pressed Dietary Supplement



16 fl oz (1pt) (473 ml)

Supplement Facts

Serving Size 1 Tablespoon (1/2 oz)
Servings Per Container 32

Amount Per Serving	% Daily Value
Calories	130
Total Fat	14 g 18%
Saturated Fat	1.5 g 8%
Trans Fat	0 g *
Polyunsaturated Fat	10 g *
Monounsaturated Fat	3 g *

OmegaTru® Organic	14 g *
Flaxseed Oil (non GMO)	
Typical Fatty Acid Profile:	
Alpha-Linolenic Acid	40–60%
Linoleic Acid	12–18%
Oleic Acid	12–18%

Percent Daily Values are based on a 2,000 calorie diet.

*Daily Value not established.

Other ingredients: Proprietary antioxidant blend (organic rosemary extract, mixed tocopherols, ascorbyl palmitate, citric acid).

PRODUCT OF 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

Certified Organic by Quality Assurance International (QAI), San Diego, CA 92122.



OmegaTru® is a registered trademark of Swanson Health Products.

Solvent free.

SUGGESTED USE:

As a dietary supplement, take one tablespoon (1/2 oz) per 100 lbs. of body weight with food daily.

1 tablespoon (1/2 oz) provides approximately:

Polyunsaturated Fat (essential fatty acids)
Omega-3 Fatty Acids
(alpha-linolenic acid) 7 g
Omega-6 Fatty Acids (linoleic acid) 2 g

Monounsaturated Fat
Omega-9 Fatty Acids (oleic acid) 2.8 g

FREE OF TRANS FATTY ACIDS

REFRIGERATE AFTER OPENING

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