

Swanson® EFAs

SUPERIOR ESSENTIAL FATTY ACIDS



Super DHA 500
from Calamari
Dietary Supplement
30 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 one softgel per day with a meal.

WARNING: Consult your healthcare provider before use if you are taking a blood-thinning medication.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value
Calories	15
Total Fat.....	1.5 g2%
Cholesterol	5 mg2%
Calamarine® EE Marine Oil	1.22 g†
Total Omega-3 Fatty Acids.....	675 mg†
[as ethyl esters (EE)]	
DHA (docosahexaenoic acid) ..	500 mg†
EPA (eicosapentaenoic acid) ..	125 mg†
Other Omega-3 Fatty Acids.....	50 mg†

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

Other ingredients: Gelatin, glycerin, purified (deionized) water, natural lemon flavor, proprietary antioxidant blend [natural tocopherols (from soy), rosemary extract, ascorbyl palmitate]. Contains soy.

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

Calamarine® is a registered trademark of Pharma Marine.
ecOmega® is a registered trademark of Marine Ingredients LLC, based on proprietary processing techniques. ecOmega® is exclusively licensed to Swanson Health Products.



SWE062
6

0