

Swanson® EFAs

SUPERIOR ESSENTIAL FATTY ACIDS



ΩMEGATRU®
**Black Cumin
Seed Oil**
Dietary Supplement



60 liquid veggie capsules • 500 mg

- DO NOT USE IF SEAL IS BROKEN.
- STORE IN A COOL, DRY PLACE.
- KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE: As a dietary supplement, take one liquid veggie capsule one to two times per day with water.

WARNING: Do not take this product if you are pregnant or nursing.

Supplement Facts

Serving Size 1 Liquid Veggie Capsule

Amount Per Serving	% Daily Value
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Vitamin E	3.4 mg	22%
(as d-alpha tocopherol acetate)		

Black Cumin Seed Oil (Nigella sativa)	500 mg	*
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Providing minimum:

Linoleic Acid (omega-6)	260 mg	*
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Oleic Acid (omega-9)	85 mg	*
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Stearic Acid	10 mg	*
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*Daily Value not established.

Other ingredients: Hypromellose (vegetable capsule).

DISTRIBUTED BY **SWANSON HEALTH PRODUCTS**

Fargo, ND 58104 USA

TO REORDER, CALL TOLL FREE 1-800-437-4148
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