

Swanson® EFAs

SUPERIOR ESSENTIAL FATTY ACIDS


Provinal®
purified omega 7

Concentrated Palmitoleic Acid
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 food and water.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving

Provinal® Purified	420 mg*
Omega-7 (50% palmitoleic acid) (from anchovy)	

*Daily Value not established.

Other ingredients: Gelatin, glycerin, purified (deionized) water, mixed tocopherols.

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

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