

Swanson® EFAs

SUPERIOR ESSENTIAL FATTY ACIDS

ΩMEGATRU®

Made with Organic
Hemp Seed Oil

Dietary Supplement

60 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 one to three times per day with water.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value	
Calories	10	
Total Fat	1 g	1%†
Monounsaturated Fat	0 g	*
Polysaturated Fat	0.5 g	*
Certified Organic Hemp Seed Oil	1 g	*
Providing minimum:		
Linoleic Acid (omega-6)	450 mg	*
Alpha-Linolenic Acid (omega-3)	130 mg	*
Oleic Acid (omega-9)	70 mg	*

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

*Daily Value not established.

Other ingredients: Gelatin, glycerin, purified (deionized) 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.

OmegaTru® is a registered trademark of Swanson Health Products.



SWE076

3