

Swanson® EFAs

SUPERIOR ESSENTIAL FATTY ACIDS

ΩMEGA^{TRU}
Made with Organic
Flaxseed Oil
High Lignan
Dietary Supplement
200 softgels • 1,000 mg



• 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 three to four times per day with food and water.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value
Calories	10
Total Fat	1 g 1%

Organic Flaxseed Oil (GMO free) 980 mg *

Typical Fatty Acid Profile:

Omega-3—ALA (alpha-linolenic acid) 40–60%

Omega-6—Linoleic Acid 12–18%

Omega-9—Oleic Acid 12–18%

Lignan-Rich Fraction (GMO free) 20 mg
(organic) *

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

*Daily Value not established.

Other ingredients: Gelatin, glycerin, purified water, carob color.

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.

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Solvent free.



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