



SWANSON[®]
PREMIUM BRAND
bringing wellness to the world since 1969

Lemon Flavor
**Omega-3
Fish Oil**
180 EPA/120 DHA
Dietary Supplement

*Molecularly
Distilled
for Purity*

150 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 two times per day with water, during meals.

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	10
Calories from Fat	10
Total Fat	1 g 1%
Cholesterol	5 mg 2%
Omega-3 Fish Oil 18/12 (GMO free) (anchovy, sardine)	1 g *
EPA (eicosapentaenoic acid)	180 mg *
DHA (docosahexaenoic acid)	120 mg *
Percent Daily Values are based on a 2,000 calorie diet. *Daily Value not established.	

Other ingredients: Gelatin, glycerin, purified water, natural lemon oil, mixed tocopherols (vitamin E).

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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