

Swanson® EFAs

SUPERIOR ESSENTIAL FATTY ACIDS



EPA/DHA
Dietary Supplement
120 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.

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 2%
Fish Oil (18/12) (M.O.S.T.)* 1.07 g *	
Providing Minimum:	
Omega-3 Fatty Acids	350 mg *
EPA (eicosapentaenoic acid) as triglyceride (TG)	180 mg *
DHA (docosahexaenoic acid) as triglyceride (TG)	120 mg *
Other Omega-3 Fatty Acids as triglyceride (TG)	50 mg *

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

*Daily Value not established.

Other ingredients: Gelatin, glycerin, purified water, natural lemon flavor, proprietary antioxidant blend (rosemary extract, ascorbyl palmitate, natural 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

ecOmega® is a registered trademark of Marine Nutriceutical Corp., based on proprietary processing techniques. ecOmega® is exclusively licensed to Swanson Health Products.

ecOmega® 18/12 fish oil has been refined using exclusive M.O.S.T.® technology, which provides an exceptional quality product.

*Minimum Odor, Superior Taste.
Solvent free.



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