

Swanson® EFAs

SUPERIOR ESSENTIAL FATTY ACIDS

Omega-7 Oil
from Sea Buckthorn Oil
Dietary Supplement

30 liquid capsules • 450 mg



- DO NOT USE IF SEAL IS BROKEN.
- KEEP OUT OF REACH OF CHILDREN.
- STORE IN A COOL, DRY PLACE.

SUGGESTED USE:

As a dietary supplement, take one liquid capsule per day with water.

WARNING: Do not take this product if you are pregnant or nursing.

NOTE: Refrigeration is recommended.

Supplement Facts

Serving Size 1 Liquid Capsule

Amount Per Serving

Sea Buckthorn Oil	450 mg*
(Hippophae rhamnoides) (fruit)	
(providing omega-6 linoleic acid,	
omega-9 oleic acid, omega-7	
palmitoleic acid, palmitic acid,	
omega-3 alpha-linolenic acid,	
stearic acid)	

*Daily Value not established.

Other ingredients: Gelatin, rice bran oil, vegetable wax, d-alpha tocopheryl acetate.

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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