

Swanson® EFAs

SUPERIOR ESSENTIAL FATTY ACIDS

Made with Certified
Organic Olive Oil
Cold-Pressed, Extra Virgin
Olive Oil
Dietary Supplement
120 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 two times per day with water, once in the morning and once in the evening.

Supplement Facts

Serving Size 1 Softgel

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

Organic Extra Virgin Olive Oil (fruit) 1 g *

(cold-pressed)

Fatty Acid Profile:

Palmitic Acid 9% *

Oleic Acid 66% *

Linoleic Acid 4.2% *

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

*Daily Value not established.

Other ingredients: Gelatin, glycerin, purified 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.

