

# Swanson® EFAs

SUPERIOR ESSENTIAL FATTY ACIDS

## Pine Nut Oil

Dietary Supplement

60 softgels • 500 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 before meals.

### Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Total Fat	0.5 g	<1%†

Pine Nut Oil (Pinus koraiensis) 500 mg \*

(seed)

†Typically providing minimum:

Omega-6—Linoleic Acid 38%

Omega-9—Oleic Acid 22%

Pinolenic Acid 12%

Palmitic Acid 4%

Stearic Acid 1%

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

\*Daily Value not established.

Other ingredients: Gelatin, glycerin, purified (deionized) 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](http://www.swansonvitamins.com)



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