

swanson.com

or call 1-800-437-4148

- Nature's best oils from land and sea
- 2,400 mg of essential fatty acids per serving
- OmegaTru® provides a balanced blend of fatty acids

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take two softgels two to three times per day with food and water.

OmegaTru® is a registered trademark of Swanson Health Products.

WARNING: For adults only. Consult physician if you are pregnant or nursing, taking medication, or if you have a medical condition. Keep out of reach of children. Consult your healthcare provider before use if you are taking a blood-thinning medication.

Do not use if seal is broken. Store in a cool, dry place. Do not refrigerate.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



MultiOmega 3-6-9

FLAX, BORAGE & FISH OILS

Heart and Brain Health*

2,400 mg OmegaTru® BLEND

DIETARY SUPPLEMENT | 220 SOFTGELS

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 110

	Amount Per Serving	% Daily Value
Calories	25	
Calories from Fat	20	
Total Fat	2 g	3%†
Cholesterol	5 mg	1%†
Protein	<1 g	
Vitamin E (from mixed tocopherols)	20 IU	67%

Borage Oil (GMO free) 800 mg **

Typical Fatty Acid Profile:

Omega-6—Linoleic Acid 30–40%

Omega-6—GLA (gamma-linolenic acid) 19–26%

Omega-9—Oleic Acid 12–18%

Fish Oil 18/12 (GMO free) 800 mg **

Typical Fatty Acid Profile:

Omega-3—EPA (eicosapentaenoic acid) 12–22%

Omega-3—DHA (docosahexaenoic acid) 10–14%

Flax Oil (GMO free) 800 mg **

Typical Fatty Acid Profile:

Omega-3—ALA (alpha-linolenic acid) 40–60%

Omega-6—Linoleic Acid 12–18%

Omega-9—Oleic Acid 12–18%

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

**Daily Value not established.

Other ingredients: Gelatin, glycerin, purified water.

Solvent free.

MADE IN CANADA

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

Fargo, ND 58104 USA • 1-800-437-4148

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