

Swanson® EFAs

SUPERIOR ESSENTIAL FATTY ACIDS



DHA

Dietary Supplement

60 softgels • 100 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 per day with food and 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
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Calories	5
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Total Fat	0.5 g	<1%
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Omega-3 Fatty Acids from Fish Oil (M.O.S.T.)*	175 mg	*
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DHA (docosahexaenoic acid) as triglyceride (TG)	100 mg	*
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Other Omega-3 Fatty Acids as triglyceride (TG)	75 mg	*
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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 (consisting of rosemary extract, ascorbyl palmitate, & natural tocopherols). Contains fish (tuna, salmon, sardine, anchovy, cod) and soy.

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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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