

Swanson® EFAs

SUPERIOR ESSENTIAL FATTY ACIDS

Grape Seed Oil

A source of Omega-6 & -9 EFAs
Dietary Supplement

60 liquid capsules • 500 mg



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

SUGGESTED USE: As a dietary supplement, take one liquid capsule two times per day with food and water.

Supplement Facts

Serving Size 1 Liquid Capsule

Amount Per Serving

Grape Seed Oil (*Vitis vinifera*) 500 mg*

Providing minimum:

Linoleic Acid 300 mg*

Oleic Acid 60 mg*

Palmitic Acid 30 mg*

Stearic Acid 15 mg*

*Daily Value not established.

Other ingredients: Gelatin, rice bran oil, 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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