

Swanson® EFA's

SUPERIOR ESSENTIAL FATTY ACIDS

OMEGA TRU®

Organic Flaxseed Oil High Lignan Cold Pressed Dietary Supplement



Net Contents 16 fl oz (473 ml)

Supplement Facts

Serving Size 1 Tablespoon (1/2 oz)
Servings Per Container 32

Amount Per Serving	% Daily Value	
Calories	120	
Calories from Fat	120	
Total Fat	12 g	15%
Saturated Fat	1 g	5%
Trans Fat	0 g	*
Polyunsaturated Fat	9 g	*
Monounsaturated Fat	2 g	*

OmegaTru® Organic 11 g *

Flaxseed Oil (non-GMO)

Typical Fatty Acid Profile:

Alpha-Linolenic Acid 40–60%

Linoleic Acid 12–18%

Oleic Acid 12–18%

Organic Flax Particulate 3 g *

Matter (providing 15 mg of lignans)

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

*Daily Value not established.

Other ingredients: Proprietary antioxidant blend (organic rosemary extract, mixed tocopherols, ascorbyl palmitate, citric acid).

MADE IN CANADA
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 Quality Assurance International (QAI),
San Diego, CA 92122.



OmegaTru® is a registered trademark of Swanson Health Products.

Solvent free.

SUGGESTED USE:

As a dietary supplement, take one tablespoon (1/2 oz) two to three times per day.

1 tablespoon (1/2 oz) provides approximately:

Polyunsaturated Fat (essential fatty acids)

Omega-3 Fatty Acids
(alpha-linolenic acid) 7 g
Omega-6 Fatty Acids
(linoleic acid) 1.8 g

Monounsaturated Fat

Omega-9 Fatty Acids
(oleic acid) 1.8 g

Organic Flax Particulate Matter

(source of lignans) 2.8 g

FREE OF TRANS FATTY ACIDS

**REFRIGERATE AFTER
OPENING**

**SHAKE VIGOROUSLY
BEFORE USE**

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