swanson.com
or call 1-800-437-4148

- Supports cardiovascular health and blood sugar metabolism
- Supports cognitive function and healthy brain development
- Maintains prostate health

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one softgel one to two times per day with water.

WARNING: For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication or have a medical condition. Keep out of reach of children.

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

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

SWANSON®

Pumpkin Seed Oil

Heart and Brain Health

1,000 mg per softgel

DIETARY SUPPLEMENT | **100 SOFTGELS**

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving		% Daily Value
Calories	10	
Total Fat	1 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Polyunsaturated Fat	0.5 g	*
Monounsaturated Fat	0 g	*
Pumpkin Seed Oil (Cucurbita pepo)	1 g	*

Percent Daily Values are based on a 2,000 calorie diet.
*Daily Value not established.

Other ingredients: Gelatin, glycerin, purified water.

DISTRIBUTED BY **SWANSON HEALTH PRODUCTS**
Fargo, ND 58104 USA • **1-800-437-4148**
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