

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

- Source of gamma linolenic acid (GLA)
- Promotes skin health
- Supports healthy joints

Science-Backed Quality Since 1969

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

OmegaTru® is a registered trademark of Swanson Health Products.

ΩMEGATRU®

Solvent free.

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.



Borage Oil

Skin and Joint Health

1 gram

DIETARY SUPPLEMENT | 60 SOFTGELS

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value	
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Calories	10	
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Total Fat	1 g	1%
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OmegaTru® Borage Oil	1 g	*
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Providing minimum:

Linoleic Acid (omega-6)	300 mg	*
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Gamma-Linolenic Acid (omega-6)	190 mg	*
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Oleic Acid (omega-9)	120 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.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

Fargo, ND 58104 USA • 1-800-437-4148

MADE IN CANADA

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