

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

- Promotes healthy cholesterol and triglyceride levels
- Avocado oil is rich in oleic acid, an omega-9 essential fatty acid

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one softgel 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.



Avocado Oil

Heart and Brain Health

1 gram per softgel **MADE WITH ORGANIC AVOCADO OIL**

DIETARY SUPPLEMENT | 60 SOFTGELS

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value	
Calories	10	
Total Fat	1 g	1%

Certified Organic Virgin 1 g *

Avocado Oil (*Persea gratissima*) (fruit)

Typical Fatty Acid Profile:

Omega-6—Linoleic Acid 6–16%

Omega-9—Oleic Acid 54–74%

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

**Certified Organic by Minnesota Crop Improvement Association (MCIA),
St. Paul, MN 55108.**

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