

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

- Nature's best oils from land and sea
 - 2,400 mg of essential fatty acids per serving
 - OmegaTru® provides a balanced blend of fatty acids
- Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take two softgels two to three times per day with food and water.

OmegaTru® is a registered trademark of Swanson Health Products.

WARNING: For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication, especially blood-thinning 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.



MultiOmega 3-6-9

FLAX, BORAGE & FISH OILS

Heart and Brain Health

OmegaTru® BLEND

DIETARY SUPPLEMENT | 220 SOFTGELS

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 110

Amount Per Serving	% Daily Value	
Calories	25	
Total Fat	2 g	3%†
Cholesterol	5 mg	2%†
Protein	<1 g	
Vitamin E (from mixed tocopherols)	13 mg	87%
Borage Oil (GMO free)	800 mg	*
Typical Fatty Acid Profile:		
Omega-6—Linoleic Acid 30–40%		
Omega-6—GLA (gamma-linolenic acid) 19–26%		
Omega-9—Oleic Acid 12–18%		
Fish Oil 18/12 (GMO free)	800 mg	*
Typical Fatty Acid Profile:		
Omega-3—EPA (eicosapentaenoic acid) 12–22%		
Omega-3—DHA (docosahexaenoic acid) 10–14%		
Flax Oil (GMO free)	800 mg	*
Typical Fatty Acid Profile:		
Omega-3—ALA (alpha-linolenic acid) 40–60%		
Omega-6—Linoleic Acid 12–18%		
Omega-9—Oleic Acid 12–18%		

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

Other ingredients: Gelatin, glycerin, purified water.
Contains fish (anchovy, sardine).
Solvent free.

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

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