



EFA
Complete
Organic Multi-EFA
Oil Blend
with Lignans
Dietary Supplement



Net Contents 8 fl oz (236 ml)

Supplement Facts

Serving Size 1 Tablespoon (1/2 oz)
Servings Per Container 16

	Amount Per Serving	% Daily Value
Calories	120	
Calories from Fat	110	
Total Fat	12.5 grams	20%
Saturated Fat	1 gram	5%
Trans Fat	0 grams	*
Polyunsaturated Fat	9 grams	*
Monounsaturated Fat	2 grams	*

EFA Complete Organic Blend	14 grams	*
OmegaTru® Organic	10.2 grams	*
Flaxseed Oil (non-GMO)		
LignaMax® Organic	2.1 grams	*
Flaxseed Concentrate (non-GMO)		
(source of lignans)		
OmegaTru® Organic	1.2 grams	*
Borage Oil (non-GMO)		
OmegaTru® Organic	490 mg	*
Evening Primrose Oil (non-GMO)		
Typical Fatty Acid Profile of EFA		
Complete Organic Blend:		
Alpha-Linolenic Acid	33–50%	
Linoleic Acid	13–20%	
Oleic Acid	10–15%	
Gamma-Linolenic Acid	1–2%	

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

*Daily Value not established.

Other ingredients: Antioxidant Blend (organic rosemary, mixed tocopherols, ascorbyl palmitate, citric acid).

MADE IN CANADA
DISTRIBUTED BY **SWANSON HEALTH PRODUCTS**
PO Box 2803 • Fargo, ND 58108 USA
TO REORDER, CALL TOLL FREE 1-800-437-4148
or visit our website at www.swansonvitamins.com

Certified Organic by QAI,
San Diego, CA 92122.

LignaMax® is a registered
trademark of Bioriginal Food
& Science Corporation.

OmegaTru® is a registered trademark
of Swanson Health Products.



SUGGESTED USE: As a dietary supplement, take one tablespoon (1/2 oz) per 100 lbs of body weight with food daily. For best results, shake well.

WARNING: Consult your healthcare provider before use if you are pregnant, nursing or taking any prescription medications.

Solvent free.

REFRIGERATE AFTER OPENING.

SHAKE WELL BEFORE USE—SETTLING MAY OCCUR.

SWE027 5

