

# Swanson® EFAs

SUPERIOR ESSENTIAL FATTY ACIDS

100% Pure  
**Omega-3, -6 & -9**  
from Cranberry Seed Oil  
Dietary Supplement  
30 capsules • 700 mg



- DO NOT USE IF SEAL IS BROKEN.
- STORE IN A COOL, DRY PLACE.
- KEEP OUT OF REACH OF CHILDREN.

## SUGGESTED USE:

As a dietary supplement, take one capsule per day with food and water.

## Supplement Facts

Serving Size 1 Capsule

### Amount Per Serving

|                                               |         |
|-----------------------------------------------|---------|
| Cranberry Seed Oil<br>(Vaccinium macrocarpon) | 700 mg* |
| Oleic Acid (minimum 15%)                      | *       |
| Linoleic Acid (minimum 30%)                   | *       |
| Linolenic Acid (minimum 25%)                  | *       |

\*Daily Value not established.

Other ingredients: Rosemary leaf extract, silica, gelatin, purified water.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

Fargo, ND 58104 USA

TO REORDER, CALL TOLL FREE 1-800-437-4148  
or visit our website at [www.swansonvitamins.com](http://www.swansonvitamins.com)



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