

Swanson® EFAs

SUPERIOR ESSENTIAL FATTY ACIDS

Chia Seed Oil
Omega-3 Fatty Acids
Dietary Supplement
30 softgels • 1,000 mg



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

SUGGESTED USE: As a dietary supplement, take one softgel per day with food and water.

Supplement Facts

Serving Size 1 Softgel

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

Chia Seed Oil (Salvia hispanica)..... 1 g.....*

Typical Fatty Acid Profile:

Omega-3 Fatty Acids--	600 mg.....*
Alpha-Linolenic Acid	
Omega-6 Fatty Acids--	150 mg.....*
Linoleic Acid	
Omega-9 Fatty Acids--	50 mg.....*
Oleic Acid	

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

*Daily Value not established.

Other ingredients: Gelatin, vegetable glycerin, natural caramel color, 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



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