

Swanson® EFAs

SUPERIOR ESSENTIAL FATTY ACIDS



Virgin Salmon Oil

Dietary Supplement
7 fl oz (200 ml)



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

SUGGESTED USE: As a dietary supplement, take two teaspoons (10 ml) per day with food.

WARNING: Consult your healthcare provider before use if you are taking a blood-thinning medication.

Supplement Facts

Serving Size 2 Teaspoons (10 ml)
Servings Per Container 20

	Amount Per Serving	% Daily Value
Calories	80	
Calories from Fat	80	
Total Fat	9 grams	14%
Saturated Fat	2 grams	10%
Polyunsaturated Fat	2.5 grams	*
Monounsaturated Fat	2.5 grams	*
Cholesterol	50 mg	17%
Virgin Salmon Oil	9 grams	*
Typically Providing Minimum:		
Omega-3 Fatty Acids	1.3 grams	*
DHA (docosahexaenoic acid) as triglyceride (TG)	500 mg	*
EPA (eicosapentaenoic acid) as triglyceride (TG)	300 mg	*
Other Omega-3 Fatty Acids as triglyceride (TG)	500 mg	*

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

*Daily Value not established.

Other ingredients: Natural lemon flavor, proprietary antioxidant blend (natural tocopherols, rosemary extract, ascorbyl palmitate).

PRODUCT OF NORWAY

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TO REORDER, CALL TOLL FREE 1-800-437-4146
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