

Swanson® EFAs

SUPERIOR ESSENTIAL FATTY ACIDS



**Pristine Norwegian
Cod Liver Oil**
Dietary Supplement
7 fl oz (200 ml)



• 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 teaspoon (5 ml) per day.

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

NOTE: Refrigerate after opening to maintain freshness.

Supplement Facts

Serving Size 1 Teaspoon (5 ml)
Servings Per Container 40

Amount Per Serving	% Daily Value
Calories	40
Total Fat	4.5 g 6%†
Saturated Fat	0.5 g 3%†
Trans Fat	0 g *
Polyunsaturated Fat	1.5 g *
Monounsaturated Fat	2 g *
Cholesterol	25 mg 8%†
Vitamin A (from ecOmega® Norwegian cod liver oil)	540 mcg RAE 60%
Vitamin D (from ecOmega® Norwegian cod liver oil)	4.5 mcg 23%

ecOmega® Norwegian Cod Liver Oil	4.5 g *
Total Omega-3 Fatty Acids	1 g *
EPA (eicosapentaenoic acid) as triglyceride (TG)	320 mg *
DHA (docosahexaenoic acid) as triglyceride (TG)	460 mg *

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

*Daily Value not established.

Other ingredients: Natural lemon flavor, proprietary antioxidant blend (consisting of rosemary extract, ascorbyl palmitate and natural tocopherols).
Contains fish (cod).

PRODUCT OF NORWAY

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TO REORDER, CALL TOLL FREE 1-800-437-4148
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