

Swanson® EFAs

SUPERIOR ESSENTIAL FATTY ACIDS

Macadamia Oil
with Sesame & Rice Bran
Dietary Supplement
Omega-7 Source
60 softgels



• 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 one to two times per day with food and water.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value
Calories	15
Total Fat	1 g 1%

Oil Blend

1.17 g
[Macadamia Nut Oil (570 mg), Rice Bran Oil (300 mg),
Sesame Seed Oil (300 mg)]

Typical Providing Minimum:

Oleic acid (Omega-9)	538 mg
Linoleic Acid (Omega-6)	227 mg
Palmitoleic Acid (Omega-7)	102 mg
Palmitic Acid	57 mg
Stearic Acid	23 mg

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

*Daily Value not established.

Other ingredients: Gelatin, glycerin, purified water.

Contains tree nuts (macadamia nuts).

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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